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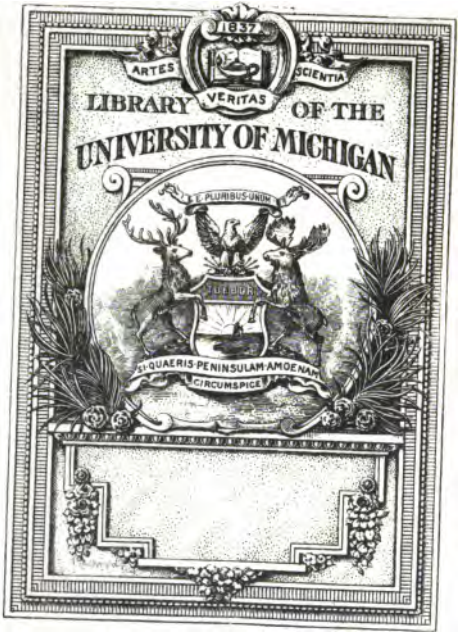
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THE

TREATMENT OF DISEASE

WITH THE TWELVE

TISSUE REMEDIES

BEING

A TREATISE ON BIOCHEMISTRY.

— BY —

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SAN FRANCISCO, CAL.

BOERICKE & RUNYON,

1897.

"Disease is only an altered state of the cellular system, caused by a lack of some constituent part of the human organism at the part affected."—VIRCHOW.

"I need not remind you how great an instrument of advancement the biochemic system of medicine has proved in the hands of this man of genius to whom its development is due."—HUXLEY.

"The work of W. H. Schussler, of Oldenburg, on histology and cellular pathology is a compact and valuable little medical system of mineral hygiene. According to him, these cell-salts are architectonic in tissues, and charged with supporting the structures of the living fluids.—WILKINSON.

PREFACE.

The new treatment of disease based upon the physiological and chemical processes going on in the living organism, first introduced by Dr. W. H. Schuessler, of Germany, and designated by him a biochemical treatment of disease, has gained rapidly in acceptance by leading physicians. Moreover, the medicines required—the so-called Twelve Tissue Remedies—have been found to be curative agents of the very highest order for all forms of disease, and as the indications for their use are simple, definite and precise, they are especially adapted to the needs of domestic medicine. They meet all the requirements of remedies for the household, being harmless, yet effective. They enable every layman, without any special medical knowledge, to do much in preventing, curing and eradicating disease tendencies.

The author has availed himself of the larger and complete work on the Twelve Tissue Remedies by Drs. Boericke and Dewey, to which he would call the attention of all interested in this new and simple method of curing disease.

WM. BOERICKE, M. D.

1812 Washington street.

San Francisco, December, 1896.

THE THEORY

—OF—

BIOCHEMICAL TREATMENT.

The body is made up of cells. Different kinds of cells build up the different tissues and organs of the body. The difference in the cells is largely determined by the kind of inorganic salts which enter into their composition. If we burn the body, or any part of it, we obtain the ashes. These are the inorganic constituents of the body, the salts of iron, magnesia, lime, etc., which build up its tissues. Besides these inorganic salts, the body is composed of water and organic substances in the proportion of one-twentieth of inorganic salts to the remainder of water and organic matter; but the latter is inert and useless in the absence of the inorganic cell-salts. These are the real tissue builders, the architects of the organism, and both the structure and vitality of the body depend upon their proper

quantity and distribution in every cell. The biochemical treatment uses these inorganic cell salts, when properly prepared for assimilation, and they are the Tissue Remedies, capable of curing every curable disease and ameliorating most incurable ones.

Health and Disease.

Health is the state of the body when all the cells composing the various tissues are in a normal condition, and they are kept in this state when they each receive the requisite quantity of the needful cell salt required for the upbuilding of the different tissues.

Disease is an altered state of the cell produced by some irregularity in the supply to the cells of one of the inorganic tissue salts. Imperfect cell action results, diseased tissues and organs follow, and all the phenomena of disease are developed. Now the cure consists in restoring the normal cell growth, by furnishing a minimal dose of that inorganic substance whose

molecular motion is disturbed, which disturbance cause the diseased action. To do this successfully, it is necessary to know what salts are needed for the upbuilding of the different tissues and for their normal action. This knowledge is derived from physiological chemistry, and hence this treatment of disease by supplying the needed tissue salt is called the biochemical treatment.

What is more rational, what is more natural, founded as it is on natural law, that where there is a deficiency in one or more of the component parts of the constituents of an organism, that this deficiency will produce a deranged or a diseased condition; or, more logical, than by the supplying of these lacking elements an equilibrium will again be restored, and the organism returned to its normal condition.

By giving a tissue remedy in such a dose as can be assimilated by the growing cells, the most wonderful and speedy restoration to healthy function is brought about in

every case of curable disease. All diseases that are at all curable are so by means of the tissue remedies properly prepared to the needs of the organism. This is very important, and on it depends the success of the treatment, just as much as on the correct selection of the particular cell salt. It seems reasonable that, to make the cell salts immediately useful, they should be prepared in the same delicate form in which nature uses them, and that if they are absorbed by the microscopic corpuscles, they must themselves be finer than the corpuscles. We know that the mineral or cell salts are infinitesimally subdivided in the different kinds of food we take, thus capable of assimilation by the cells.

The Different Cell-salts.

The cells of each tissue group receive their own special and peculiar cell salt; for instance, those entering into the promotion of nerve cells are Magnesia, Potash, Soda and Iron; of bone cells, Lime, Magnesia

and Silica, etc., etc., which are, as a rule, extracted by the body from the food we take.

There are twelve Tissue Remedies—the twelve inorganic salts found in the ashes of the body, all essential to the proper growth and development of every part of the body. They are the

Phosphates
- Of Lime, Calcarea phosphorica.
- Of Iron, Ferrum phosphoricum.
- Of Potash, Kali phosphoricum.
- Of Soda, Natrum phosphoricum.
- Of Magnesia, Magnesia phosphorica.

Chlorides
- Of Potash, Kali muriaticum,
- Of Soda, Natrum muriaticum.

Sulphates
- Of Lime, Calcarea sulphurica.
- Of Soda, Natrum sulphuricum.
- Of Potash, Kali sulphuricum.

Fluoride of Lime, Calcarea fluorica; and *Silicic Oxide*, pure flint or quartz, Silica.

Of these, those entering into the formation of *nerve cells*, and hence useful as remedies in diseases of the nervous system, are Magnesia phos, Kali phos., etc.; of *muscle cells*, the same and Kali mur.; of *bone cells*, Calcarea, Silicea, etc., etc.

Preparations and Doses of the Tissue Remedies.

The best preparation of the Tissue Remedies is the triturated form. The original salts are triturated according to the homœopathic method with sugar of milk, one part of the salt to nine of sugar of milk, for one hour, which gives the first decimal trituration. The particles of this are still too large to be readily assimilated by the cells, and experience has taught that for general use the sixth trituration, where each grain contains the one-millionth part of a grain of the cell-salt, to be the most desirable.

Of some remedies, like *Calc. phos.* and *Kali mur.*, and in certain patients, lower preparations are often more efficacious. If favorable response is not evident from the sixth, substitute the third or second trituration, or in more chronic affections, the twelfth, or even thirtieth, may accomplish what the lower would not.

The best method of administering the selected remedy is to dissolve a powder of a size to cover a nickel, or as much as will lie on the point of a knife, in a tumbler half full of water, and then give teaspoonful doses every hour or two, according to the severity of the case. In acute pain and very severe affections the remedy may be given every ten or fifteen minutes. Sometimes it is advisable to give it in hot water; this is especially true when prescribing for neuralgia and colic. Two remedies may be given advantageously in alternation if both are called for. In chronic diseases two or three doses daily are sufficient. Or the powder may be taken dry on the tongue; a powder the size of a pea for a dose.

Use separate tumblers and spoons for each medicine; never mix remedies or use but one spoon for two or more remedies. Mix all medicine fresh daily. Keep the

tumblers covered with a dish or paper, in order to prevent contamination of the preparation.

Recently, compressed tablets made from the trituration have been introduced, and form a convenient and accurate method for taking the remedies.

TREATMENT OF DISEASES WITH THE TWELVE TISSUE REMEDIES.

ABSCESS.—Is a circumscribed cavity containing pus. It is a consequence of inflammation of tissues following an injury, such as a blow or presence of a foreign body. The chief symptoms are swelling, heat, redness, and throbbing pain, frequently with shivering or rigors.

TREATMENT.—Application of heat, poultices of flax-seed or linseed. When the abscess has opened, the wound should be bathed with warm *Aqueous Calendula*, one part to five, and afterwards a cloth with some *Calendula Cerate* be applied.

REMEDIES.—*Ferrum phosph.*, every hour, when there is much redness, pain and throbbing in the parts.

Calc. sulph. when matter has formed; this will assist the maturing of the abscess and in many cases render opening the abscess unnecessary.

Silica—After the abscess breaks, this remedy should be used. It ripens the abscess and promotes suppuration, rendering it healthy. The best preparation of *Silica* for this purpose is that prepared from the Bamboo. Use the 6x trituration, a small powder, size of a pea, every two hours.

ACIDITY.—A symptom of certain types of indigestion in which an abnormal quantity of acid is secreted. Frequently associated with heartburn, sour risings into the mouth and sour taste.

TREATMENT.—Avoid the free indulgence of starchy foods, potatoes, mushes, puddings, etc.

REMEDIES.—*Natrum phosph.* is the chief remedy. It is best given in hot water, by adding a powder of the 6x trituration, size of a Lima bean, to a cup of hot water, and sipping it before meals, or a small powder may be given dry on the tongue every hour until relieved.

Calcar. phosph. may be given in the same way, morning and night, as a constitutional remedy to permanently cure the gastric weakness giving rise to acidity.

ACNE.—An eruption of pimples, usually on the face and especially occurring at the time of puberty.

TREATMENT.—Look to diet, avoid fat and rich food. Proper attention to bathing, exercise and the bowels is necessary. If there is any menstrual disorder, see to that.

REMEDIES.—*Natrum mur. 12x* trituration; a dose night and morning should be given to persons with bad, earthy complexion, who are bloodless and inclined to be constipated and generally depressed in body and mind.

Kali mur. 6x three times a day, for pimples on face and neck, especially after errors in diet—pimples filled with thick, white matter.

Calcar. phos.—Especially during time of puberty. Menses are apt to be rather too early and too free in young girls; much backache. Take a powder, size of a pea, three times a day.

AMENORRHŒA.—Suppression of menses or their non-appearance at time of puberty.

TREATMENT.—Nourishing food, plenty of outdoor exercise, salt water baths. Avoid too much school work and home study.

REMEDIES.—*Natrum mur. 12x*—A small powder night and morning, in chlorotic and anemic girls, who are depressed mentally, have a sallow complexion and inclined to be constipated.

Calcar. phosph. 6x—Same dose may be given after *Natrum mur.* has been taken for one month.

Kali phos. 6x may be given when, in consequence of the menstrual disturbance, bronchial and lung troubles appear, and the patient is depressed, languid and weak.

ANÆMIA.—A condition of poor, watery blood, or of bloodlessness, most frequent at puberty and in young girls, characterized by pallor of the face and absence of color from the lips. It is a condition depending on other causes, and constitutional treatment alone will benefit.

TREATMENT.—Avoid the excessive use of iron. Good nourishing food, warm clothing and out-door exercise are of much benefit.

REMEDIES.—*Calcar. phosph.* 3x, a powder three times a day. This remedy acts by supplying new blood-cells. Waxy appearance of skin, headache, ringing in ears, vertigo, cold extremities, tendency to profuse menstruation.

Ferrum phosph. 3x follows the above as soon as improvement of the general health sets in. There is a lack of red blood in the system, pale lips, blue rings under eyes, tendency to cough, headaches.

Natrum mur. 12x, a powder three times

a day is especially useful in young girls with dirty complexion, who have frequent palpitation, are blue and melancholy, have bad dreams, constipation, backache and symptoms of malaria—such as chills, feverish turns, perspiration, neuralgia, etc.

ANGINA PECTORIS, or Breast-pang, is a neuralgia around the heart, coming on suddenly, impeding breathing and of most painful character. May be dependent on diseased condition of the nutritive vessels of the heart itself.

REMEDIES.—*Magnesia phosph.* 6x trituration, a powder size of a lima bean to be dissolved in a cup of hot water, and a swallow to be taken every minute until relieved.

Kali phosph. 6x trit., a powder night and morning may be given occasionally to ward off the attacks.

APPETITE, Loss of. TREATMENT.—Avoid the use of tonics, containing drugs and

spirits. Plenty of fresh air and moderate exercise and bathing in salt water should be enjoyed. See that the bowels are in a good condition.

REMEDIES.—*Kali phosph.* Nervous weakness, gone feeling, palpitation.

Calcar. phosph., when there is much flatulence, acidity. Especially useful after any acute illness or when associated with any drain on the system.

ASTHMA.—Difficulty of breathing, without fever, attended with a suffocative feeling, constriction across the chest, with cough and wheezing respiration. An attack is usually brought on by a cold or error in diet. Asthma is often caused by suppression of a skin disease or by enlarged lymphatic glands in throat, or nasal obstruction, which ought to be removed or treated before the Asthma can be cured. The treatment is both for the acute attack and eradicative.

REMEDIES.—*Ferrum phos. and Magnesia phos.*, in alternation every ¼ and ½ hour,

when there is much wheezing, nausea and loose cough.

ERADICATIVE TREATMENT.—*Natrum sulph.* 12x trituration, a dose night and morning, especially for children who suffer with asthmatic attacks after some skin disease, eczema, etc., who wheeze up at every change of weather. Take for a few weeks, then substitute *Calcar. phosph.* 3x trituration, to be given in the same way. By persevering for a time with these constitutional remedies, many cases of Asthma can be cured.

BACKACHE is a symptom of many different disorders, usually connected with uterine troubles or chronic constipation, piles or kidney complaints. These must be treated before the backache will cease. But there are some remedies specially useful when the following conditions are present.

REMEDIES.—*Calcar. phosph.* 6x trituration, a dose three times a day. Backache in

small of back in the morning, numbness, coldness and creeping sensation. Backache in young people who grow rapidly and after any exertion.

Natrum mur. 12x trituration, a powder night and morning for backache, relieved by lying on something hard.

Kali phosph. if connected with loss of vital fluids and nervous disturbances generally.

BARBER'S ITCH.—*Kali mur.* 6x trituration, a dose three times daily alternated with *Calcar sulph.* will cure rapidly. At the same time, the beard should be cut off, bathe parts with hot water to which some carbolic acid solution has been added (10 drops to a cup), and afterwards apply some carbolic cerate.

BILIOUSNESS.—A condition characterized by headache, drowsiness, furred tongue, loss of appetite, bitter taste and constipation.

TREATMENT.—Persons subject to biliousness should not eat too much meat, drink

plenty of water, avoid coffee and high living and take plenty of exercise.

REMEDIES.—*Natrum sulph.* 6x trituration, a powder every three hours; coated tongue, sallow skin, yellow eyeballs, soreness in region of liver, flatulence.

Kali mur., if caused by eating rich food.

Natrum phosph., if the tongue is coated with a bright yellow fur.

BOILS (See Abscess).—Conical hard swellings, attended with considerable inflammation, and acutely tender to pressure. They slowly inflame, get larger, come to a head, and finally suppurate with a core in the centre, which is discharged with the purulent matter, and all pain ceases. Derangement of the system, from abuse of food and torpidity of the circulation, often causes boils.

ACCESSORY TREATMENT.—Foment with hot water, and then poultice with fresh linseed-meal or bread and milk, applying linen rags

soaked with *Calendula* lotion afterwards. (For medical treatment, see *Abscess*. The diet should be in accordance with the condition of the patient; if of full habit and living freely, a spare diet may be advisable; but if, on the contrary, the system is a little below par, a more generous regimen should be adopted.

BRAIN-FAG.—The result of overwork, worry, anxiety, loss of sleep, too close application to business, study, etc., characterized by impaired memory, dullness, nervousness, sleeplessness, depressed spirits, lack of appetite and strength.

REMEDIES.—*Kali phosph.* 6x trituration, a dose in the morning, and *Silica* 12x trituration, a dose at night, used persistently, will be found the most effective remedies. They will restore sleep, appetite, confidence, and strength. It may be necessary to follow with *Calcar. phosph.* 6x trituration, a dose before every meal, especially if there

is a good deal of general coldness, or a tendency to night sweats.

BRONCHITIS.—Inflammation of the tubes which convey air to the lungs. There is usually fever, constant and violent irritation, cough, hoarseness, uneasiness of breathing, oppressed and anxious wheezing, whistling or rattling respiration. The cough is generally dry at first, followed by expectoration of frothy, thick or blood-streaked mucus. If the smaller tubes are attacked, the shortness of breath will be especially severe. This is the form most to be dreaded in children. One attack predisposes to others, and gives rise to chronic bronchitis. Here the cough is persistent and loose, with much yellowish expectoration.

TREATMENT.—A warm, equable temperature of about 70 degrees should be kept in the room, and the patient put to bed. Liquid diet: milk, gruel, stewed fruit may

be given. In chronic bronchitis, a dry, warm climate will prove very beneficial.

REMEDIES.—*Ferrum phosph.*, 6x, trituration; a powder dissolved in water, and teaspoonful doses every hour will modify the attack very materially, and frequently cure without any other medicine. It should be continued twenty-four hours, and if the cough then gets loose, pain and fever less, *Kali mur.* may be alternated with it every two hours. This treatment will generally suffice. *Kali sulph.* may be substituted when the cough gets very loose and there is much rattling of mucus in the chest. A tablet of the 6x may be given every two hours. The chief remedies for chronic bronchitis are Kali sulph., Calcar, phos., and Silica. Take one remedy three times daily for one week, then change to another. If improvement shows itself continue the remedy in a higher trituration, and not so frequently.

BUNIONS—Inflammation and enlargement on the joint of the great or little toe.

MEDICINAL TREATMENT.—*Silicia* is an efficacious remedy. *Dose*—Two tablets dry on the tongue, once a day for a week, then wait three days and repeat.

ACCESSORY TREATMENT.—The application of *Arnica* lotion (one teaspoonful of the tincture to four or five tablespoonfuls of water) by means of a linen bandage over the part, especially if there is much inflammation and pain. All pressure must be avoided. An arnica bunion plaster may be applied to the enlargement. In some cases it may be necessary to paint the bunion with Iodine.

BURNS AND SCALDS.—TREATMENT.—(1) Cover the burn immediately with cotton wool, to exclude the air; or, for the same object (2), cover with linen rags, or cotton wool saturated with olive oil; or (3) powder the wound plentifully with flour, keeping

it well covered by new applications if necessary; or (4) cover the whole with a plaster of soap, made by scraping white curd soap, and working it into a salve with tepid water, and spreading it upon linen or muslin. Slight or superficial burns or scalds may be relieved by holding the part to the fire, or by applying spirits of turpentine, brandy or spirits of wine to them. In dressing burns, puncture the blisters and remove the old skin, but expose the wound as little as possible to the action of the air; do not dress oftener than once a day, and do not disturb the parts by washing them. The exclusion of the air from the part affected is of the utmost consequence, and it is best to apply that dressing which can be obtained the quickest. *Carbolized vaseline* is an excellent application, and should be substituted for plain olive oil when obtainable. Internally, give *Ferrum phosph.* 6x, trituration, a powder dissolved in water, and teaspoonful doses every hour.

CARBUNCLE.—A constitutional disease characterized by circumscribed inflammation of the tissue under the skin, leading to ulceration and death of the tissue involved. It generally comes from a depressed state of health. It is usually situated on the back of the neck, or trunk. It is distinguished from a boil by its larger size, constitutional symptoms and sieve-like opening.

TREATMENT.—Keep up the strength of the patient by nourishing food. Poultice with flaxseed and dress with aqueous *Calendula lotion.* When healing is commenced, apply *Calendula cerate.* Internally, use treatment recommended under "Abscess." Whatever remedy is given should be alternated with *Kali phosph.* 6x tablets, one tablet every two hours.

Carbuncle is a serious disease, and ought to have the care of a physician. In his absence, the above treatment will be found the best.

CANCER, or Malignant Tumor. — Called malignant because it tends to increase indefinitely, to recur after removal, and to invade other parts of the body.

TREATMENT — Nothing is more certain than that remedies can influence the development, and sometime cure, these growths; but it requires patience and the physician's skill. The Tissue Remedies are frequently of great use in the treatment of all forms of tumors. Among those of undoubted value are *Calc. fluor.*, *Silica*, *Calc. phosph.* and *Kali sulph.*

Calc. fluor.—Knots, kernels, etc., in the breast; hardened glands; hard swelling anywhere. Take one tablet of the 3d trit. night and morning; after a week, take the 6th, and later, the 12th, in order to get the full action of the drug. The other remedies may be substituted and used intercurrently.

Kali phosph.—For the pains of cancer, and for the offensive discharges.

CATARRH, in its various forms, is one of the most common diseased conditions known. It attacks all ages and classes, and tends to run a chronic course, and predisposes to serious diseases of the lungs and other organs. The skin which lines all the passages of the body—nose, throat, bronchial tubes, œsophagus, stomach, etc.—is called the mucous membrane. Countless little glands come to the surface of this skin, or membrane, and exude into the passages a thin liquid called mucus, which keeps the passages smooth and moist. Catarrh totally changes the condition of these glands by enlarging and inflaming them and by causing the death of many of their cells. These dead cells are next expelled from the mouth of the gland in a stream upon the surface of the mucous membrane. What had been, in health, a thin liquid secreted from the blood, and containing just the properties to keep the membrane smooth and healthy, becomes now a thick mass of dead matter. While this change

in secretion is going on, another serious evil is taking place, namely, the enlargement of the glands, which causes them to crowd against one another, and to thicken the mucous membrane, so that its normal properties and conditions are changed to those of disease. This process is what constitutes catarrh, and it may occur in any mucous membrane, but is most common in the nasal tract, usually as result of repeated colds in an organism predisposed thereto or in children where the digestive organs or the skin are otherwise unhealthy. The symptoms besides the discharge, which is usually thick and more or less offensive, are dullness of the head—pains in head, sense of smell impaired, breath offensive, etc.

TREATMENT.—Regulate the diet; keep the bowels open; insist upon maintaining a healthy action of the skin by daily sponging and friction; insist upon wool being worn next the skin night and day, summer and winter; insist upon well ventilated

sleeping apartments—open windows the year round; teach the patient to breathe through the nose and to fully expand the chest, and have him practice lung gymnastics until he does this properly; and have him live in the open air as much as possible. As a curative and prophylactic agent in nasal catarrh, pure air is the best topical application and also the best general tonic.

Kali mur.—Dryness and stiffness of nose. Hawking of mucus from the back part of the throat. The most satisfactory remedy to begin treatment. Take one tablet every 3 hours. After a week follow it with

Calcarea phosph., which is especially useful in chronic catarrhal conditions. Nose seems swollen or is ulcerated. The patient takes cold very readily. This remedy has a decided tonic action on the mucous membrane and may be used intercurrently with other remedies that may be indicated. Take one tablet after meals and at bedtime.

Natrum mur is the best remedy when

the discharge is thin and watery. "Running colds" are frequent. Cold sores on lips. Loss of smell and taste. Chronic catarrhs in bloodless patients who have much backache and headache.

Kali sulph. is the remedy when the secretions are yellow, slimy.

Natrum sulph., when there is profuse secretion of greenish mucus. After influenza, and when the patient is worse from damp weather.

Silica may be required in very obstinate cases, where the discharges are offensive or where there is a painful chronic dryness of the nose, or plugs in the nose or ulceration of the mucous membrane. This may be followed by *Calcar. fluor.* The dose of the selected remedy may be a powder of the 6x trituration, the size of a pea, three times a day, or one tablet. After the sixth has been tried for a time, substitute the twelfth. Same dose.

CATARRHAL FEVER is characterized by slight fever followed by a profuse mucous discharge from the head and chest, the head feels stuffed, the nostrils are obstructed, there is frequent sneezing, watering of the eyes, and often sore throat and cough.

TREATMENT.—The most effectual means of relief is good nursing in a moderately warm and equable temperature—a warm bath, or immersing the feet in hot water, and promoting perspiration by a hot bed and warm drinks. Animal food and stimulating drinks must be abstained from. If there is a liability to catch cold, do not at once when coming from the cold air, endeavor to get warm by approaching a hot fire, but do so by degrees. Use plenty of cold water daily over the chest, shoulders, throat and neck, sponging freely for two or three minutes, and applying a rough towel or flesh brush afterwards until well warmed.

REMEDIES.—*Ferrum phosph.* and *Natrum mur*, one tablet of each every hour alter-

nately. When improvement shows itself, lengthen the interval between the doses.

Calcar phosph., one tablet three times daily for the remaining debility. It will act as a tonic.

CHANGE OF LIFE.—With the disappearance of the menses most women suffer more or less with disturbances in the circulation and in the nervous system. The usual complaints are attacks of heat flashes, perspiration, palpitation, nervousness, sinking sensations, headaches, etc. Some of these disturbances are inevitable, but can be greatly benefited by proper treatment. Avoid narcotics, stimulants, etc., for the benefit derived from them is delusive and only very temporary.

REMEDIES.—*Ferrum phosp.* will benefit the tendency to flashes of heat, sleeplessness, hot spells and cold feet, etc.

Kali phos. the gone, sinking sensations, the restlessness and nervousness; also sensations of numbness.

Magnes. phos. abnormal palpitations, pains, etc.

Dose of the selected remedy—One tablet three times a day, or oftener for more acute attacks.

CHEST AFFECTIONS (See Bronchitis, Pleurisy, etc.)

For pains in chest the best general remedy is *Ferrum phos.*

CHICKEN POX.—A pustulous eruption resembling smallpox, but much milder in its character and shorter in the duration of its stages. The fever is generally slight, the eruption appears twenty-four hours after the commencement of the disorder, and disappears on the fourth day. The symptoms appear about thirteen days after exposure to the infection.

TREATMENT.—*Ferrum phos.* and *Kali mur.* are the only remedies required. It is not necessary to give many doses, as the disease is mild and runs a short course.

CIRCULATION, FEEBLE. — A constant feeling of chilliness; coldness of hands and feet; blue and cold skin wherever it is exposed, such as face and hands.

TREATMENT.—Plenty of exercise in the open air, good, nourishing food, salt water baths, massage, etc.

Ferrum phosp. and *Calcarea phosp.*, one in the morning and the other at night, will soon regulate matters, if there is no organic heart trouble present.

COLD IN THE HEAD (Coryza.)—Irritation and inflammation of the mucous membrane of the nose and eyes. The head feels stuffed and heavy, particularly over the eyes and about the root of the nose, an increased discharge issues from the nose, causing soreness and excoriation, and there is sneezing, watering of the eyes, sore throat, etc. Cold in the head, or catarrh, is generally a mild ailment, but if occurring in aged persons, in those predisposed to consumption or in those who are asth-

matic or who have suffered from bronchitis, pleurisy or pneumonia it may be very serious. A neglected cold is said to be the cause of half of our diseases in the form of bronchitis, quinsy, erysipelas, rheumatism, neuralgia, inflammation of the lungs, consumption, etc.

TREATMENT.—See Catarrhal Fever and Catarrh.

COLDS OF INFANTS.—Snuffles. — Slight febrile excitement, sneezing, obstruction of the nose, wheezing and difficulty in taking the breast, followed by discharge of mucus from the nose with excoriation and watering of the eyes.

ACCESSORY TREATMENT.—A warm bath at 96 degrees before going to bed, or placing the feet in warm water will generally relieve; and if there is much stuffiness, the bridge of the nose may be rubbed with a little simple ointment or sweet oil. Children should not be accustomed to hot rooms, but taken into the open air freely, care being taken that their feet are dry and warm.

REMEDIES.—Same as "Catarrhal Fever."

COLIC.—Pain in bowels, usually due to flatulence, indigestible food, drinking cold water, worms or other intestinal irritation, lead poisoning, etc.

There is usually no fever present. In children there is with it much crying, writhing of body, legs are drawn up towards the stomach, rumbling in bowels and the pain is relieved by firm pressure and hot applications.

TREATMENT.—Apply heat to abdomen and be sure that the feet are dry and warm; give an injection of warm water if the bowels have not moved.

REMEDIES.—*Magnesia phos.* 3x trituration. Flatulent Colic, forcing the patient to bend double; in children the legs are drawn up. Colicky babies when they cry half the time; no interference with nutrition.

Dose.—Take a powder size of a lima bean and dissolve in a tea-cup of hot water and let the patient sip it every few minutes until relieved.

Natrum phos. 6x.—Colic with symptoms of acidity, sour smelling stools, vomiting or where worms are present. Give one tablet every hour, and when the immediate symptoms are relieved, give one tablet three times a day.

Natrum sulph.—Colic starting in right groin. Flatulent complaints after confinement or during menses. Bilious colic, with bitter taste in the mouth. Lead colic.

CONCUSSION OF THE BRAIN.—Due to falls upon the head and injuries require rest, application of hot water, though sometimes cold is more grateful.

REMEDIES.—*Natrum sulph.* 6x is of special benefit for the chronic effects of falls upon the head. Take a dose at bedtime.

CONSTIPATION.—Costiveness.—Stools less frequent than natural, with hard excrement and difficult evacuation, generally a mere symptom characterizing a more general disease and frequently resulting from seden-

tary habits, indigestible food, the use of aperients, inaction of the liver, or weakness of the bowels caused by a general derangemeut of the digestive organs.

TREATMENT.—The bowels should be solicited at a regular time every day, even if there is no action; active exercise must be taken in the open air, and daily friction used over the stomach and bowels with the hand or flesh brush. A cold bath, either sitz or shower, or using cold water over the abdomen, should be taken every morning, together with the employment of a coarse towel or flesh glove. Avoid purgatives.

DIET.—A change of diet will generally prove beneficial, and care must be taken not to eat too much at a meal, and to let what is partaken of be simple, easy of digestion, and consisting more of vegetable than animal food—brown bread, barley bread, wholesome ripe fruit, baked pears or apples; avoiding salted meats, cheese, rice,

highly-seasoned dishes and the like. Cold spring water should be freely partaken of on rising in the morning, and between each meal, but very little liquid should be taken at meals. Figs and dates are of benefit.

REMEDIES.—*Kali sulph.*—Habitual constipation with insipid, pappy taste and yellow slimy coating on tongue.

Natrum mur.—Dry stools, with torn, bleeding, smarting feeling after stool. Stools are hard, dry and difficult to pass. Hemorrhoids, headache and backache accompanying.

Silica.—Rectum seems to have lost the power of expulsion, fæces recede after having been partly expelled. Constipation of poorly nourished children with pale, earthy face.

Calcar phos.—Costive, hard stools with blood, specially in old people, associated with mental depression, vertigo, headache.

DOSE.—Of the selected remedy take one tablet of the 6x three times a day. When improvement shows itself, take it less often.

CONSUMPTION OF THE LUNGS.—Tuberculosis.—There is no question of the hereditary character of this disease, even though there is a germ as its immediate cause.—Probably both, the germ and the acquired or hereditary weakness must be present in order that this disease can develop. Persons who have catarrhal conditions of the respiratory organs present an inviting field and should be careful about associating with consumptives in close relationship or occupying beds and rooms recently occupied by tuberculous patients.

SYMPTOMS.—General debility, loss of flesh, shortness of breath, cough, hoarseness, fever, especially towards evening and night sweats. Careful examination by a physician can only determine the diagnosis.

TREATMENT.—So much can be done by careful hygienic, dietetic and climatic measures, that professional advice should always be sought. Good nourishing, easily digestible food, fresh air, avoidance of

exposures to rapid changes in the weather, warm clothing, all are essential.—Cod-Liver Oil, Maltine, Kumyss, Cream, fresh butter are of benefit and should be provided.

REMEDIES.—These must be selected according to the general symptoms of the patient, character of cough, state of stomach, bowels, etc. Among the chief are:

Calcar phos.—In the beginning, when there is loss of flesh, hoarseness, suffocating attacks, cough with soreness and dryness of throat, dull aching in the chest, chronic coughs and night sweats with cold extremities.

Calcar sulph.—When the expectoration with the cough is bloody or greenish yellow.

Silica.—Nightly paroxysms of cough with tickling in throat, emaciation, profuse night sweats. Offensive foot sweats. Constipation very marked. Much prostration, patient is always cold. This remedy em-

braces most of the symptoms that belong to the phthisical dyscrasia, consequently it is of great value for the constitutional condition in hereditary cases.

Dose of the selected remedy use the 6x potency in tablets and take one three times a day. After several weeks, take the 12th potency in the same way.

Ferrum phosp. should be used intercurrently for colds in patients inclined to consumption—breathing short, oppressed, hurried with heat and feverishness. Hoarseness and cough, usually dry, sometimes bleeding of nose or from lungs. Blood bright red, frothy.

DOSE.—Dissolve a powder of the 6th trituration in half a glass of water and take teaspoonful doses every hour. When improvement shows itself, lengthen the intervals between the doses.

CONSUMPTION OF THE BOWELS require similar remedies as above. Calc. phosph., Silica and Natrum phos. being the chief.

COUGH.—This is a symptom of colds on the chest, of inflammations of the chest organs or chronic catarrhal conditions. See Bronchitis, Pneumonia, Consumption, etc.

REMEDIES.—*Ferrum phosp.*—Short, dry cough after colds, sore feeling in chest, feverishness. Of great value in the beginning of any trouble with the respiratory organs, especially in children. Will usually cut short the attack.

Kali mur.—Loud, noisy stomach cough; croupy, hard cough; thick, whitish expectoration.

Kali sulph.—Cough with yellow secretion. Much rattling of mucus in chest. Patient feels worse in warm room.

Magnes phos.—Spasmodic and whooping cough, worse at night. Dry cough in nervous patients.

Calcar phos.—Suffocative cough, better lying down. Cough with expectoration of tough, stringy matter.

Natrum sulph.—Cough with sensation of all-goneness in chest. Chest very sore. Thick, yellowish mucus.

One tablet of 6th potency every 2 hours.

CRAMPS.—Sometimes certain muscles, especially of the calves and feet, are subject to painful contractions which are called cramps, coming on generally during sleep.

TREATMENT.—*Magnes phosph.* is the only remedy necessary. Take one tablet of the sixth potency at bedtime for a few nights.

CROUP.—True croup is a very dangerous disease and always beyond the sphere of domestic treatment. Fortunately catarrhal croup or false croup is by far the most frequent form and yields very readily to simple hygienic and remedial measures. Usually the attacks come on suddenly at night, the child awakens with a hoarse, barking cough, frightened, restless, more or less feverish. After several hours, sleep sets in and the next day the child may be comparatively well. Frequently a similar attack occurs the next night. The very suddenness of the attack and the violence of the symptoms coming on after exposure to cold or from some change in the weather

speaks for the comparatively harmless Catarrhal Croup, whereas, a slow, insidious development with marked hoarseness that continues and grows worse with more or less fever marks the onset of true croup—which is a violent inflammation of the lining membrane of the wind-pipe, producing a peculiar membranous secretion, interferring with respiration. It is the presence of this membrane that characterizes true croup. It generally commences like a cold with more persistent hoarseness succeeded by fever, difficult breathing, wheezing, whistling, barking and ringing or hoarse cough. Croup rarely occurs after the age of seven years, but is one of the most dangerous diseases of children. The cold and croupy cough may sometimes exist for a day or two before a paroxysm or fit occurs; or a child may go to bed apparently well and have an attack of the complaint in its worst form. Medical aid should be obtained. Cold and damp atmospheres, sudden changes of temperature, wet feet, in-

sufficient clothing, low and moist localities, are the exciting causes of croup, and one attack generally predisposes the patient to subsequent ones.

TREATMENT.—Put on a hot compress around the throat, changing it frequently.

REMEDIES.—The chief remedies for this disease are *Ferrum phosph.* and *Kali mur.*, given alternately every half-hour. If the symptoms do not improve after several hours, substitute *Calcarea phosph.* and *Calcarea fluor* every hour. During convalescence, give *Calcar. sulph.* three times a day until complete restoration of health. Use the 6th trituration or tablets, dry on the tongue.

CRYING OF INFANTS.—Crying, accompanied by restlessness, indicates unpleasant sensations; crying with drawing up the legs to the abdomen, points to colic; crying with crowding the fingers into the mouth, indicates pain from teething; crying when coughing, denotes pain in the chest, etc.

TREATMENT.—See that the child is comfortable in every way—dry and warm—especially the feet and abdomen. Toast the feet by an open fire, if possible; loosen all bands and see that no pins are pricking any part.

REMEDIES.—These should be selected according to the most probable cause as mentioned above. In general use *Calcar. phosph.*, 3x trituration, a powder to be dissolved in a cup of hot water and given to the child in sips every few minutes, to be followed, if necessary, by *Magnes. phosph.* 3x trituration, given in the same way. During the teething period the occasional use of *Calcar. phosph.* will prevent many unpleasant restless and crying spells.

DEAFNESS FROM A COLD may frequently be greatly benefited by remedies. Use *Ferrum phosp.* 6x, one tablet, three times a day, to be followed in a few days, if necessary, by *Kali mur.*, same dose and preparation. If it resists this treatment and there

is no wax in the ear which ought to be removed by gently syringing with warm water, consult a physician.

DEBILITY is a term used to designate a general state of bodily weakness which may be due to many causes; long-continued and strenuous work of any kind, night-watching, after any acute illness, or in consequence of some drain upon the system. The treatment consists in supplying good nourishing, easily digested food, plenty of fresh air and sleep in well ventilated bed chambers, avoidance of alcoholic stimulants and of most advertised so-called tonics and the judicious use of one of the following remedies:

Kali phosph.—When the nervous system suffers most as evidenced by nervousness, sleeplessness, weakness from the least exertion, bodily and mental. Patient is depressed and in a sensitive state. One tablet of the 3rd potency should be taken in a cup of hot milk three times a day or

oftener if there is also loss of appetite for food generally.

Calcar. phosph. is often called for in young chlorotic girls, near the age of puberty, when they are very restless and nervous. They want to go away from home, and, when away, they want to come back again; they suffer from headache when at school; they develop very slowly; circulation imperfect; ears and nose cold; constant headaches from artificial light, from atmospheric changes—worse on top of the head; debility following exhausting diseases; menses apt to be too early, with faint feeling in the stomach; a feeling of soreness in the back. In anemia of young, rapidly growing people, in women weakened by rapid childbearing, prolonged suckling, or excessive menstruation or leucorrhœa, it has wonderful restorative power. Take one tablet of the third trituration four times a day.

Natrum mur. In anæmic conditions, where the blood is thin and watery; chlor-

osis, with habitual feeling of coldness in back; skin is dirty, sallow; frequent palpitation; delayed menses; constipation; watery, smarting discharges between periods; terrible sadness, especially during menstruation; backache relieved by lying on something hard; the neck is much emaciated, and emaciation continues even while living well. Especially useful after abuse of quinine; patient shows marked aversion to bread—longing for salt food. *Natrum mur.* is especially the remedy for malarial symptoms. It is best to give it in tablets of the sixth and twelfth trituration, a dose three times a day.

DENTITION. The dentition period of children is usually characterized by more or less disturbance in the mental, gastric or other condition. Very frequently the child is more fretful, restless and sleepless. As a general remedy during the teething period, a nutritive remedy, nothing is better than the administration of *Calcar phos.*,

a powder three times a day. This can be given in the milk or given dry on the tongue or in a little water.

Ferrum phosph. is the remedy for feverish turns.

Natrum mur. when the child drolls very much.

Magnes. phos. if it twitches, and has a dry spasmodic cough, also for colicky turns.

Dose.—Of the selected remedy, give a small powder every two hours.

DIABETES is a constitutional wasting disease frequently due to nervous states of a depressing character, like worry, anxiety, etc. It is characterized by great dryness of mouth and throat, burning thirst for large quantities of water and profuse urination, containing sugar. Skin is dry, often accompanied with itching and eruption, boils, etc. The treatment consists in regulating the diet, and avoiding so far as possible starchy food.

REMEDIES.—*Kali phosph.* especially after depressing emotions, patient is weak, nervous and restless. Give one tablet of the 3x for one week three times daily, after which substitute the 6th, and later the 12th potency.

Natrum mur. Great thirst, much wasting, and constipation, are the special indications for this drug.

DOSE.—Same as above.

DIARRHŒA—Looseness of the Bowels.—A too frequent and copious discharge from the bowels, frequently accompanied with pain in the stomach, nausea or vomiting, rumbling in the bowels, coldness, and, in severe cases, with burning pains, violent straining, extreme weakness, and even fainting; sometimes lasting only a few hours, and sometimes months or years, and may be caused by bilious or gastric difficulties, cold, impure air and food, mental emotions, etc.

TREATMENT.—For an acute attack, the best plan is to avoid all food for a few hours; then take mutton broth with barley, or chicken broth and rice, boiled milk, avoiding solid and irritating food of all kinds, as fruit, vegetables, etc. Keep the bowels and feet warm and dry. Rest in bed, if possible.

REMEDIES.—*Ferrum phosph.*, watery stools, or undigested with colicky pain.

Magnes. phosph., if the pains are especially severe.

Kali mur., when the stools are bloody or contain much mucus, tongue coated white.

DOSE.—Of the selected remedy a dose should be given after every evacuation.

For chronic diarrhœa, the best remedies are *Calcar. phosph.* and *Natrum sulph.* Take one tablet of the sixth potency alternately night and morning and after every evacuation.

DIPHTHERIA.—A peculiar inflammation of the mucous membrane of the throat,

which is accompanied by the production of a false membrane—patches of grey or wash-leather-like spots which deposit on the tonsils, and which are small at first, but gradually increase and threaten suffocation. The disease is attended with great prostration. It usually sets in with shivering and great depression, dryness and tingling in the throat, difficulty of swallowing, vomiting, and sometimes headache. The tongue is loaded, but there is no active fever.

REMEDIES.—*Ferrum phosph.* and *Kali mur.* should be given in alternation every hour. If there is vomiting of watery fluid, give *Natrum mur.* instead.

Kali phosph. corresponds to symptoms of blood poisoning, very offensive discharge and breath, also, for the paralytic states, resulting from diphtheria. A dose every two hours.

If the larynx becomes involved, give at once *Calcar. fluor.* A dose every half hour.

Never fail to call in early, in every suspected case of diphtheria, the best profes-

sional advice you can obtain; it is too serious a disease for domestic treatment. Blood poisoning and heart failure or croup setting in, when help may be practically useless, all of which might have been prevented by timely care of a physician.

DIZZINESS.—When it occurs in nervous subjects who, without having any active symptoms of dyspepsia, do not well assimilate the nutritive portion of the food.

Calcar. phosph. 1 x. One tablet after meals.

DISCHARGES from any mucous membrane according to their characteristics require different remedies.

If fibrinous, stringy, gluey, *Kali mur.* If watery, serous, *Natrum mur.* If thick, *Kali sulph.* If yellowish, *Natrum phos.*

It does not make any difference in the selection of the remedy, whether the discharge be from the nose, throat, ears or pelvic organs, it is the *character* of the discharge which determines the remedy.

DROPSY.—Various dropsical affections can be benefited by the Tissue remedies, but when they are the results of organic disease, usually heart and kidney, or liver diseases, they are signs of deep-seated mischief and of serious import. A physician should invariably be consulted. The principal remedies are *Kali mur.*, *Natrum mur.* *and Kali sulph.*

DYSENTERY—Bloody-Flux.—A disease of the larger bowel, in which the stools are frequent and often bloody, attended with griping and straining, and, in the acute form of the disease, with fever. There exists frequently an urgent desire to evacuate the bowels, which are confined, accompanied with violent straining; and the stools contain little or no ordinary matter, but consist principally of pure mucus, mucus mixed with blood, pure blood, or greenish, bilious, brownish, or blackish, putrid matters. Dysentery generally arises from sudden exposure to cold, indigestible

food, unripe fruit, or occurs in autumn weather, in damp, unwholesome localities.

The treatment consists in rest, warmth and careful regulation of the diet. Avoid beef-tea, meats, vegetables. Boiled milk, rice, mutton broth, milk toast, will be found of most benefit.

REMEDIES.—*Kali mur.* and *Ferrum phosp.* taken in alternation every two hours will generally suffice in mild cases.

Kali phos., when the stools contain mostly blood, are offensive and there is falling of rectum.

EAR, DISEASES OF THE—Earache.—Violent pains in the ear, even when there is little or no perceptible inflammation, sometimes so intense as to cause delirium, frequently the result of a chill, and often existing in connection with toothache.

TREATMENT.—Apply heat and give *Ferrum phosph.* A dose every five minutes until relieved.

Humming in the Ears.—*Kali phosph.* is the chief remedy.

Discharge from the Ears.—*Kali mur. Silica* and *Calcar. phosph.* are the principal remedies. Give a dose three times a day of one for one week then substitute the next, and so on. But in all chronic discharges from the ears, it is well to consult an aurist.

ECZEMA is a disease of the skin, very frequent in early childhood. It is usually accompanied by great itching. The treatment includes, besides remedies, careful regulation of the diet, avoiding over-feeding especially, and avoidance of too frequent washing of the parts. Instead of pure water, use oatmeal or bran water, and after bathing, apply freely corn starch. As a rule, salves and medicated applications are not advisable.

REMEDIES.—*Kali mur.*, *Kali sulph.*, and *Natrum mur.* are the chief remedies. Give

one tablet of the sixth potency night and morning for one week; then substitute the twelfth potency, and if no improvement is apparent after two or three weeks, use one of the other remedies in the same way. Remember it is an obstinate and chronic affection, and needs time and much patience.

ERYSIPELAS—St. Anthony's Fire.—A superficial shining redness, and inflammation of the skin, which disappears under pressure of the finger, but returns as soon as the pressure is removed. There is generally fever, and a burning heat and tingling rather than acute pain. It frequently follows injuries; blisters often form on the inflamed surface (vesicular erysipelas), and it sometimes assumes a severe and dangerous form.

The more common exciting causes of erysipelas are debility and loss of resisting power from disease, abuse of stimulants, undue exposure to cold, disordered stomach, wounds, etc.

TREATMENT.—Avoid all applications except flour, cornstarch; or, when procurable, ripe cranberries. Honey sometimes is also very efficient.

Ferrum phosph. and *Kali mur.* are the principal remedies. Give hourly doses alternately until the disease is checked. *Kali sulph.* should be given instead, if blisters form. *Kali phosph.* may be alternated with it, if there is much nervous disturbance, weakness, restlessness, etc. A dose may be given every hour until improvement shows itself.

EYE, DISEASES OF.—Many forms of simple inflammation of the external eye may be successfully treated with the tissue remedies; but, as a rule, all eye troubles should be intrusted to the care of a specialist. *Ferrum phosph.* is the remedy for inflammation of any part of the eye, burning sensation, red and inflamed look, cannot bear light, sensation as if sand were under the lids, letters blur while reading.

Kali mur.—Affections with discharge of mucus, ulcers of cornea.

Natrum mur.—Muscular asthenopia, neuralgic pains around eye, with much watering of eyes; granulated lids.

Silica—Styes, kernels and indurations of the lids; scrophulous ophthalmia.

The selected remedy should not be given lower than the sixth potency. For chronic affections the twelfth is better. Give a dose night and morning.

FEVER—Simple or Inflammatory.—Shivering, sickness, and pains in the back, followed by hot, dry skin, thirst, headache, short breathing, quick, full pulse, loss of appetite, and scanty urine. Simple fever is mostly a slight and transient disorder when occurring alone, but when fever accompanies eruptive or inflammatory diseases, it becomes more serious.

TREATMENT.—In the treatment of fever, the room in which the patient is, should be cool, airy, and well ventilated, and kept

at an even temperature of about sixty degrees. The covering to the bed should in general be light, but suited to the feelings of the patient; the linen should be often changed, and the patient may be frequently sponged down with tepid water. The diet must be light, easy of digestion, and unstimulating—barley-water, thin gruel, or arrowroot, toast-water or water to allay the thirst; ice-water or ice may be held in the mouth, and fruits stewed or in most cases also fresh may be allowed. Lemonade is also grateful. Unfermented grape juice and Kumyss are admirable foods in all cases where fever is present.

Ferrum phos. is the only remedy required. Dissolve a powder of the third trituration in half a glass of water and give teaspoonful doses every hour until relief is obtained, then less frequently.

Kali phos.—For nervous fevers, quick irregular pulse, with nervous excitement and much weakness—mouth dry, blisters around mouth, with tendency to delirium. A dose of the 6th every hour.

FLATULENCY—Wind in the Stomach or Bowels. SYMPTOMS.—Fullness in the abdomen; rumbling in the bowels; severe pain; accumulation or copious discharge of wind, a symptom of indigestion.

Magnes phos. and *Calcar phos.* are the principal remedies. Take *Magnes phosph.*, one tablet of the third potency after meals, and repeat every half hour until better; take *Calc. phosph.* night and morning as a constitutional remedy.

GASTRIC DISTURBANCES.—Acute gastric catarrh, usually caused by errors in diet, cold, mental states, specially anger, etc. The chief symptoms are loss of appetite, pain in the pit of the stomach, bloatness, coated tongue, bad taste, nausea and vomiting.

REMEDIES—*Kali mur.*, if due to errors in diet, especially fat food.

Natrum sulph., if assorted with liver symptoms, jaundiced skin, pain in right side, flatulence, diarrhoea.

DOSE.—Take a dose every two hours.

See *Indigestion.*

GLANDS—Glandular Affections.—No class of diseases are more strikingly benefited by the tissue remedies as acute and especially chronic inflammations of the various glands throughout the body. There is usually a scrophulous taint at the bottom to account for the readiness with which, from apparently slight causes, the glands will grow painful and swell. The treatment of chronic cases requires patience and not too frequent change of remedies. *Kali mur.* is the chief remedy for all acute swellings. *Calcar. phosph.* for more chronic cases. Commence with the second trituration. Give three doses daily for one week; then give the third, sixth and twelfth potency in the same way. *Silica* for suppurating glands.

GOUT—(Arthritis).—Pains in the joints, with inflammatory or chronic cold swelling, and symptoms of deranged digestion. Pains are generally severe, and the inflammation mostly attacks the smaller joints, particularly the first joint of the great toe, which becomes red, hot and swollen. It sometimes suddenly changes from one location to another and returns at intervals, various joints or parts becoming affected after repeated attacks. Gout is mostly a hereditary disease, coming on without any evident external cause, generally preceded by disorder of the digestive organs, and accompanied by a plethoric state of the system.

REMEDIES.—The chief remedy is *Natrum sulph.*, 6 x a dose three times a day. For acute attacks, *Ferrum phos.* every two hours. If the stomach is involved give *Natrum phosph.* every two hours.

ACCESSORY TREATMENT.—The diet must be very spare during the acute symptoms, as

thin gruel, bread and milk, light bread puddings, barley water, arrowroot and the like, oranges, roasted apples, grapes, etc. Keep the affected part in such a moderately cool state as to be comfortable to the patient, without being so warm as to aggravate the severity of the attack, or so cold as to check the insensible perspiration. External applications are generally of little use in a fit of gout; those which are warm doing no good, and those which are cold having a tendency to suddenly check the inflammation, and thereby produce harm. *Kumyss* and unfermented grape juice may be used freely. Friction with the flesh-brush during convalescence is beneficial, and the limbs and affected parts should be regularly sponged with cold salt water every morning, and well wiped and rubbed afterwards. The diet, during convalescence, should consist of a little digestible animal food once a day, with eggs, bread, etc., but no wines or spirits.

GRAVEL.—Whenever there is a sandy sediment in the urine care should be taken to change the diet, avoiding too rich food and drinking plenty of pure water.

The chief remedy is *Natrum sulph.*, a tablet three times a day; but if there is much acidity at the same time take *Natrum phosph.* instead.

GUMS, SCURVY OF THE—Canker of the Mouth.—Offensive smell in the mouth with a glutinous bloody discharge from the gums, which are hot, red, soft, spongy, very sensitive, retracted from the teeth and subsequently ulcerated along their margins.

TREATMENT.—Avoid food that tends to produce acidity, such as sweets, rich food, etc.

Kali mur., 3x trituration. Dissolve a powder about the size of a lima bean in half a glass of water and take teaspoonful doses every two hours. *Natrum mur.* may be taken after *Kali mur.* if the symptoms do not improve very rapidly.

HÆMORRHAGE.—The remedies adapted to hæmorrhages may be used for bleeding from any orifice of the body. The tendency to ready bleeding is sometimes met with in persons predisposed thereto, in such even slight wounds bleed freely, profusely and for a long time. This tendency may be overcome by the continuous constitutional treatment of *Kali phosph.* and *Calcar. fluor.*, using each remedy occasionally.

Treatment of Acute Hemorrhages.—*Ferrum phosph.* generally suffices, especially in children that grow rapidly. Blood is bright red.

Kali mur. when the blood is dark, black, clotted or tough; vomiting of such blood.

Kali phosph. in weak, delicate people, in the aged, and where the blood is blackish, thin, like coffee grounds.

Of the selected remedy a dose may be given every five to fifteen minutes until relief is obtained.

HAIR.—Falling out of the hair is a frequent sequel to fevers, but here the loss is only temporary, and can be stayed by taking *Calcar. phosph.* three times a day. For the loss and thinning of hair not thus connected faithful brushing is a good tonic procedure. Too frequent washing is not to be advised. An occasional dose of *Calcar. fluor.* and *Silica* will be found beneficial.

HEADACHE.—Pain in the head, either all over the head or in a particular spot, arising from various causes, as cold, rheumatism, congestion, indigestion, nervous affections, constipation, mental emotions, stimulants, fatigue, eye strain, growth in nose, etc.

Catarrhal Headache.—(From a cold.)

SYMPTOMS.—The headache is oppressive, frequently better in the morning, worse in the evening, the eyes are full of tears, sneezing, dry heat in the nose, some cough, etc.

TREATMENT.—*Ferrum phosph.* will generally be all that is needed. Take a dose every half hour.

Congestive Headache.— (From determination of blood to the head.)

SYMPTOMS.—Fulness and heaviness of the head, accompanied with giddiness, particularly on stooping, throbbing and heat, the beating of the arteries on the neck being visible, vomiting as the pain increases; the pain worse on shaking, moving the head, lying down or stooping, sometimes better when standing.

Principal remedy is *Ferrum phosph.*

Nervous Headache.—Neuralgic pains in the head. *(Megrim.)*

SYMPTOMS.—The attacks are frequently periodical, the pain is of a tearing, throbbing or hard-aching character, and is often felt on one side of the head only or in a circumscribed spot. The painful part feels sore to pressure; light, noise and mental

agitation are intolerable, and the headache is often attended with severe retching or vomiting of bile and mucus.

TREATMENT.—*Kali phosph.* and *Ferrum phosph.* alternately every half hour during the attacks. Between the attacks take *Natrum mur.* for one week, then *Silica* for one week, and so on alternately for a time. The attacks will grow less frequent and severe.

HEAD SYMPTOMS OF THE CHIEF TISSUE REMEDIES.— Consult these in prescribing for the different kinds of headache.

Ferrum phosph. — Headache from cold, sun exposure; throbbing pain; cold relieves the pain; headache with red face and eyes; rush of blood to head; worse from any motion, noise, jar, combing hair, and at menstrual period.

Calcar. phosph. — Headaches of school children, especially at about the time of puberty; head feels cold, bruised, worse from any exposure; much dizziness; ill-

humor; want of disposition to do anything; forgetful, dull.

Kali phosph.—Headache of students and those worn out by fatigue—old people, and after mental emotions; pain made worse by noise, which irritates; sleeplessness, weariness, yawning; pain sometimes relieved by eating; menstrual headache with hunger; tongue coated brownish with foul breath; pain in back of head and across eyes.

Magnesia phosph.—Spasmodic pain; very severe neuralgic headache; shooting pains, with sparks before eyes; headache due to eye troubles; better from warmth.

Natrum mur.—Headache with constipation, with vomiting, with watering of eyes, and with drowsiness; after loss of animal fluids; profuse discharges, night sweats, etc. Here follow with *Calcar. phosph.* Chronic and sick headaches; headaches before and during menses, especially in school girls who study hard, are run down; anemia; headache commences in the morning, in-

creases towards noon, and gets better in evening.

Natrum sulph.—Bilious headache with bitter taste; bilious diarrhœa; colicky pain, etc. Also for pain in back part of head, at the base of the brain; must go to bed in a darkened room; cannot tolerate noise.

Silica.—Headaches from nerve exhaustion; after excessive mental strain; nervous, sensitive patients; weakly persons, fine skin, pale face, lax muscles; imperfectly nourished. These respond quickly to this remedy.

Consult, also, the Index of Symptoms.

HEART, PALPITATION OF THE.—Palpitation or pulsation of the heart felt distinctly and predominantly, sometimes even heard, or so strong as to shake the patient or the bed on which he may be lying, and which may arise from nervous debility, hysteria, severe bodily suffering or violent emotions, constipation, indigestion, torpid liver, weakness from loss of blood or other

discharges, a gouty condition, excessive bodily exercise, disease or excitable condition of the heart, etc.

Palpitation from Debility. TREATMENT.—*Ferrum phosph.* is the most suitable remedy. If coming on after acute illness, substitute *Calcar. phosph.*

HEART TISSUE REMEDIES. — *Calcar. phosph.*—Weak heart; sharp pain around the heart; palpitation with anxiety, followed by trembling weakness.

Ferrum phosph.—First stage of all acute, inflammatory diseases involving the heart; pulse rapid and full; regulates the circulation.

Kali phosph.—Intermittent action of the heart; ill-effects of mental emotions, palpitation, pain, etc.; palpitation from slightest cause; physical or mental exertion.

Magnes. phosph.—Shooting pain around heart with spasmodic attacks of palpitation.

Natrum mur.—Watery condition of the blood, shown by anemia, dropsical swell-

ing, ready flushing, and palpitation; constriction around heart; fluttering and intermittent pulse.

HEARTBURN.— Heartburn and waterbrash are prominent symptoms of indigestion, produced by acridity of the secretions. Heartburn consists in a sensation of heat or burning, which extends from the stomach to the throat; and waterbrash, in the vomiting or regurgitation of a watery, sour, or bitter fluid.

TREATMENT.—Avoid all articles of food that you know from experience to disagree with you.

Natrum phosph. is the principal remedy. Take one tablet of the sixth potency after eating. If there is much flatulence take *Calcar. phosph.* in the same way.

HICCOUGH—Hiccup. TREATMENT.—Holding the breath is the most simple, and in many cases the most effective way of stopping hiccough, or drinking a draught of

cold water. When it occurs in infants they may be placed to the breast. If subject to this little trouble, attention should be paid to diet, care being taken not to eat too quickly, nor too much at a time.

Magnes. phosph. is the only remedy required.

HOARSENESS.—Rough and indistinct voice and cough, sometimes accompanied by pain, asthma, and rattling in the throat. It frequently results from a chill, and often accompanies measles, croup, influenza, etc.

TREATMENT.—Use plenty of cold water, or cold salt water, and cold sponging, with vigorous friction afterwards. The diet should be plain and simple; take but little meat, and avoid stimulants; keep the feet warm, and do not exert the voice.

Drink warm milk and seltzer during an acute attack and take *Ferrum phosph.* and *Kali mur.* alternately every hour. In very obstinate cases take *Calcar. sulph.*, one tablet every two hours.

HYSTERIA is a condition of nervous weakness, where the patient is emotional, and in which self-control is largely lost; laughing and crying alternate with each other; all sorts of abnormalities of sensations take place; any disease may be simulated; feeling of a lump in the throat; pain as of a nail in the head, are very common sensations. The hysterical patient is usually of a very highly nervous organization and very unstably balanced.

TREATMENT is medicinal to some extent, but mainly moral and hygienic. Do not show too much sympathy with the patient and her innumerable aches and pains; encourage self control, self forgetfulness; encourage her to take interest in others, to have a mission of some kind. Discourage reading aimless and trashy literature. Avoid excitement of all kinds, late hours, stimulants, tea and coffee, rich food, etc. Build up the general system by simple but nourishing food, aided by unfermented

Grape Juice, Malted Milk, Maltine, Kumyss, etc. Regular exercise in open air, judicious use of bicycle riding, driving, swimming, walking with a cheery companion, all tend to restore the lost stability of the nerves.

Kali phosph.—Nervous attacks from intense emotions—feeling of a ball rising in throat; hysterical fits of laughing and crying; hysterical yawning and spasms; general nervousness.

Nutrum mur., when associated with delaying menses, patient is greatly depressed, sad and weak. All the symptoms are relieved when perspiring freely.

Calcar. phosph., as a constitutional tonic, may be given twice a day in the food.

INDIGESTION.—Derangement of the Stomach.—Indigestion includes all those almost indefinable and inexpressible states or conditions of disease arising from or dependent upon slow or difficult digestion or weakness of the stomach. These may be

either acute or chronic; they may either arise from having partaken of indigestible, unwholesome, heavy, fat, sour or flatulent food, or from over-eating, etc., or they may become chronic from a long continuance of exciting causes calculated to impair the digestion—as too much study, too little exercise, long-continued indulgence in warm drinks, stimulants, purgatives, patent medicines, etc.

TREATMENT.—Look to the diet. Avoid whatever you know from experience to disagree with you, but do not encourage any dietetic theories. Remember what is good for one patient is not necessarily adapted to another, even when suffering with similar symptoms. Every adult ought to know himself better than any one else what kind of food is most likely to agree with him. Usually a mixed diet of simple nourishing food, eaten slowly and well masticated and at regular intervals is better than restriction to some one or two arti-

cles. Sometimes a glass of pure California claret with the principal meal will be of great benefit; especially is this true in the weak and debilitated, aged and after acute illness, and in total loss of appetite. When coffee cannot be taken try the Homœopathic Coffee, which possesses a good deal of the flavor and taste of true coffee without any deleterious effects.

REMEDIES.—*Ferrum phosph.*—Pit of the stomach is tender to touch; vomiting; pain after eating; flatulence; loss of appetite; disgust for milk; cannot take meat; cannot bear tight clothing; thirst for cold water; desire for stimulants.

Kali mur.—Tongue coated; complaints from rich and fatty food; bitter taste; liver sluggish, with pain in right side under shoulder.

Kali phosph.—Hungry soon after eating; gone feeling in stomach; pain in left side; weakness of heart; constant pain in a small spot in stomach; great nervous depression.

Kali sulph.—Yellow-coated tongue; sensation as of a load and fulness at the pit of the stomach; pain in stomach; waterbrash.

Magnes. phosph. — Cramp in stomach; constriction; hiccough; marked regurgitation after eating; craves sugar; gastralgia.

Natrum mur.—Stomachache with much waterbrash; offensive breath; bowels constipated; loss of desire for smoking; very thirsty; sour taste; aversion to bread; red spots on pit of stomach.

Natrum phosph. — Great acidity; sour risings; moist, creamy coating of the tongue; stomach troubles from presence of worms; heartburn; vomiting of dark, coffee-ground fluid.

Natrum sulph.—Biliousness; bitter taste in mouth; vomiting of bitter fluid; heartburn; copious formation of gas, which gets incarcerated in intestines.

Calc. phosph.—A course of this remedy is useful in all chronic cases of indigestion; pain after eating; craving for bacon, ham, salted and smoked meats; pain relieved by

eating and raising wind; almost an infallible remedy for excessive accumulation of gas in the stomach.

Calc. phosph., 1x trituration, a powder given in water half an hour after eating, is efficacious in non-assimilation of food.

Calc. sulph.—Desire for fruit, tea, claret and green vegetables.

Silica.—Chronic dyspepsia, with much chilliness; extreme hunger; disgust for warm food, and intolerance of alcoholic stimulants.

INFLAMMATIONS are of so serious a character as to require the immediate attendance of an experienced physician. The symptoms are heat, pain, swelling, redness, increased pulse, restlessness, etc. The first stage of all inflammations, when there is fever, heat, etc., is met by the administration of *Ferrum phosph.*, 6x. Dissolve a powder size of a lima bean in a tumbler half full of water and give teaspoonful doses every hour. Later, after a day per-

haps, it may be well to alternate with it *Kali mur.*, 6x, given in the same way.

(See separate diseases.)

INFLUENZA — Grippe.—Influenza differs from a common cold principally in there being oppressed respiration and great prostration of strength. It is frequently an epidemic. Its sudden onset, with great weakness, pains in limbs, back and joints, headache and fever, characterize the attack. The treatment consists of rest in bed, nourishing food, egg-nog, sherry and egg, broths, etc.

Natrum sulph. is the principal remedy throughout the course of the disease and for many of the after effects.

Calc. phosph. and *Kali phosph.* may be given during convalescence and for the remaining debility. A dose may be taken four times a day—first one, then the other.

INTERMITTENT FEVER.—A paroxysmal disease, usually consisting of chills, fever

and sweat, coming on in one, two or more days' interval, caused by malarial germs, occurring in marshy places, damp, low-lying neighborhoods, and associated with a good deal of headache, backache, liver and spleen disturbance. There may be much irregularity in the different stages, one or two being absent entirely, or the whole condition may assume a masked form as obstinate neuralgias, gastric disturbances, etc.

TREATMENT.—As a rule, the services of a physician will be required to select a curative remedy and superintend the general treatment, but the tissue remedies frequently cure the most obstinate cases. Chief among them is *Natrum sulph.* In the absence of any special symptoms, this will be found the best general remedy. It is especially called for when there are bilious symptoms, yellow complexion, bronze-colored coating of tongue, bilious bloody stools.

Natrum mur.—Chill is apt to return in morning about 10 o'clock; great thirst;

headache; backache; fever blisters; neuralgia of head and face.

In order to prescribe successfully for this obstinate disease, the conditions between the attacks of chills and fever should be noted, they indicate the curative remedy more likely than the character of the different stages, although these, too, must be included in our estimate of the case.

JAUNDICE.—Jaundice is characterized by yellowness of the whites of the eyes and the skin, whitish or clay-colored stools, and saffron-colored urine. It is attended with more or less derangement of the digestive functions. Jaundice is caused by gallstones, disease of the liver, super-abundance of bile, improper food, cold, or sudden emotions, etc.

The treatment must include careful attention to diet, avoiding meat, coffee. Fruit, gruel, lemonade are useful and grateful to the patient.

Natrum sulph. is the chief remedy. Take

a dose every four hours. *Kali mur.*, if caused by cold and the tongue is coated whitish.

KIDNEYS.—The kidneys are liable to various forms of disease, and are especially to be attacked after middle age and in men whose mode of life involves high living, much exertion and worry, indifferent attention to exercise, etc. These forms of kidney disease are all serious and need the careful attention of the physician. A common form is congestion of the kidney, due to chill, the symptoms of which are suppression of urine, pain in back, swelling around eyes, and dropsical conditions elsewhere. The treatment for this is to put the patient to bed, apply heat or give hot bath; light diet—milk is the best.

REMEDIES.—*Ferrum phosph.* may be given, a dose every two hours until improvement sets in.

Kali mur. for the dropsical symptoms.

Natrum mur. — Brick-dust sediment;

bloody urine. One of the best remedies alone, or in conjunction with others, in Bright's disease.

Natrum sulph. aids in throwing off gravel by increasing the secretion of urine. Of the selected remedy take a dose three times a day.

KNEE, SWELLING OF, may be due to rheumatism or disease of the joint. Any trouble around the knee-joint should be examined by a physician.

Kali mur. and *Calcar. phosph.* often act kindly in these affections.

LEGS, CRAMP IN THE.—Sudden contraction of the muscles of the calves of the legs, frequently occurring at night.

The principal remedy for this condition is *Magnes. phosph.*, a dose every quarter of an hour for a few doses. Follow with *Calcar. phosph.*, a dose night and morning.

LEUCORRHŒA—Whites.—CAUSES.—Cold and moisture, frequent excitement result-

ing in debility, inactivity of the body, relaxing pleasures, late hours, stimulating diet, imprudence in dress, inattention to the bowels, disease of ovaries and womb, etc.

In order to treat this affection successfully, the whole daily life of the patient must be regulated. Everything tending to local congestion avoided, simple but nourishing food taken, sufficient exercise, but not too much. Be careful about going up and down stairs, bicycle riding, etc. Local cleanliness, but not necessarily syringing, is a requisite to the cure.

Calcar. phosph. is the chief remedy, either alone or as an intercurrent remedy; it acts as a constitutional tonic and is especially useful for young girls. The patient takes cold easily and the discharge is like albuminous mucus. There may be local irritation, itching, etc., of the parts.

Natrum mur.—The discharge is watery, irritating, smarting. There may be back-

ache, headache and evidences of impoverished blood.

Kali sulph.—Discharge yellow, greenish and thick.

Silica.—Leucorrhœa takes the place of menses; patient is cold, very sensitive and constipated. Of the selected remedy take a dose three times a day between the menstrual periods; take one remedy for three weeks, then another if indicated, or substitute *Calcar. phosph.*

LIPS.—The lips are subject to become sore, cracked, dry, scaly or swollen, or are the seat of a herpetic eruption "cold sores."

The best treatment consists in the application of cold cream and the internal use of *Kali mur.* for cold sores, blisters.

Natrum mur. for cracks in the corners of the mouth, or center of lip; sore lips from cold; swelling of upper lip—a dose every three hours.

LIVER AFFECTIONS are characterized by pain in right side, under right shoulder-

blade, soreness, bilious symptoms, constipation or loose yellowish stools, etc.

See Gastric Derangements.

The principal liver tissue remedies are the following:

Natrum sulph.—Pain in region of liver; morning diarrhœa; rumbling in bowels; jaundice; bitter taste.

Natrum mur.—Jaundice, with drowsiness, thirst, headache.

Kali mur.—Tongue coated white, from errors in diet, rich, greasy food; cold food, chilling stomach.

LUMBAGO. — Rheumatic pains in the loins.

The treatment consists in application of warmth, friction, porous plaster, and the administration of *Ferrum phosph.*, a dose every hour until relieved.

LUNGS.—The various diseases of the lungs require careful hygienic, dietetic and medicinal treatment. The latter may be

found almost wholly in the use of the tissue remedies, for just in the treatment of acute and chronic lung diseases they have won their greatest laurels. (See Consumption, Pneumonia, Pleurisy, etc.)

LUNGS, BLEEDING FROM, is always alarming, but not so immediately dangerous as is commonly feared; but it is usually one of the accidents of consumption; it demands prompt attention.

The treatment should consist in *rest;* patient's head and chest must be well supported with pillows. Application of *cold;* drinks and food of the simplest kind; ice; the room must be well aired and cool.

The principal remedy required is *Ferrum phosph.* Dissolve a powder of the sixth trituration in a tumbler of cold water and give patient teaspoonful doses every quarter of an hour for several doses, then less often. Follow with *Calcar. phosph.* as a constitutional tonic, a dose three times a day.

MEASLES.—An infectious fever attended with an eruption of a purple rash, consisting of slightly elevated minute dots disposed in irregular circular forms or crescents, preceded by catarrhal symptoms about the eyes, nose, and bronchia, for about four or five days, and accompanied by inflammatory fever. For the three or four days before the appearance of the eruption, symptoms of a cold, sneezing, and feverishness, drowsiness, oppression, nausea or vomiting, and a hoarse or ringing, loud cough are present. The eruption appears on the fourth or fifth day, and disappears on the eighth or ninth; it rarely attacks the same person a second time, and frequently prevails as an epidemic. Measles may be simple or complicated, malignant and dangerous.

ACCESSORY TREATMENT.—The room in which the patient is should be airy, darkened, moderately warm, and perfectly free from draughts, much care being taken that the patient does not catch cold, both during

the eruption and for some time afterwards. He may be sponged down frequently with tepid water. The diet should be at first light, afterwards more nourishing; all animal food should be avoided, and all drinks should be given tepid, so as not to chill. Protect the eyes from too strong light. The danger of measles is more in the after effects, especially bronchitis, pneumonia, etc.

The principal remedy is *Ferrum phosph.*, which may be given every two hours, so long as the eruption is not out perfectly, or so long as the cough is troublesome. It may be followed by or alternated with *Kali mur.*, if the tongue is coated, the cough hoarse, glands swollen, more or less deafness. During convalescence give *Calcar. phosph.*, a dose every three hours until perfect health is restored.

MEMORY-DEFICIENT is a symptom of advancing age, or it may be temporary in nerve exhaustion, after acute illness, overtaxed brain.

The treatment consists in cessation from mental labor and the administration of *Kali phosph.*, a dose three times a day.

MENSTRUAL DISORDERS.—The first appearance of the menstrual flow usually shows itself about the fourteenth year, but it may appear later, frequently earlier. The mother should apprise the daughter beforehand of its character and meaning. So far as possible, the girl, before puberty, should have an outdoor life and there need be no difference in the physical education of the sexes until then. The late appearance of the menses need cause no alarm if the general health does not suffer. Sometimes the poor state of the general health is the cause of their non-appearance. Avoidance of too close application to study; early hours, regular habits, simple food, plenty out-of-door exercise, judicious use of the bicycle; avoidance of stimulants, coffee, tea, etc.; all kinds of excitements and repression of every hysterical tendency; wholesome lit-

erature, and companionship, and wise supervision by the mother of everything pertaining to the daily life of the girl. These are the conditions for healthy development, and vigorous and happy maidenhood, and the best possible preparation for her destined future life as wife and mother.

When the general health is below par, give good nourishing food, sea bathing, and see that the girl is not tired out by the constant going up and down stairs and marching, so common in our public schools. Do not let her do any home work, but see that she retires very early and is allowed to sleep in the morning. It is poor policy in these cases not to permit the child to finish her morning sleep. Better sacrifice the schooling until her health is better. For these cases, a course of *Calcar. phosph.* in various potencies, and continued for quite a while, will yield wonderful results.

There are usually premonitory symptoms before the menses appear, such as headache, languor, backache, pain in

breasts, etc. Usually these pass away very soon. When the flow is established great care must be taken to prevent either cessation from cold, especially cold, wet feet, or an excess of the flow from too stimulating food, late hours, excitements. Warm clothing, especially warm stockings and thick soled shoes are of much importance in establishing the regular order of the menstrual periods.

Scanty, Absent, Deficient or Checked Menstruation.—When suppressed from cold, a chill or sudden emotion, a hot foot-bath, hot drinks and rest in bed will restore the flow. If there is headache, flushing of face, pains, etc., give *Ferrum phosph.* a powder dissolved in half a cup of hot water every hour until relieved.

Calcar phosph. is the best remedy for scanty menses. Give a dose night and morning between the periods.

Painful Menstruation.—More or less pain at the period is very common in young un-

married women, but judicious medication and attention to the general health will relieve the most cases unless due to organic trouble. Avoid all local treatment, but use the remedies, together with rest during the period, warm applications, hot stimulating drinks, etc.

Magnesia phosph. is the principal remedy and should be taken in hot water every quarter of an hour until relieved. Between the periods take *Calcar. phosph.* and *Kali phosph.*, one in the morning and the other at night.

Menstruation, Profuse or Too Frequent.—CAUSES.—Stimulating diet, abuse of stimulants, warm baths, fatigue, compression of the body, sudden emotions, violent exercise, a weakening mode of life, long sickness, excessive nursing of infants at the breast, etc.

Ferrum phosph. is the principal remedy to regulate the flow. Take a dose every two hours or oftener, if very profuse. In

the interval between the periods, take it night and morning.

Calcar. fluor. when the system is generally relaxed. It should be taken between the periods as above.

Kali mur., if the color of the flow is dark, thick and coagulated.

Kali phosph., if flow is bright red and offensive.

Natrum mur., if pale and watery. Patient has much headache, backache and is anemic. Begin with the sixth trituration for the acute symptoms during the menses, taking a dose every two hours. Between the periods, take a dose of the twelfth trituration night and morning.

MILK.—Lactation is a natural physiological process and every mother should suckle, if possible, both for her own sake and her child's. There is a very close bond of sympathy and connection between the breasts and uterine organs, and orderly healthy readjustment of the system after

labor is greatly furthered by nursing the baby. If the flow of milk is rather scanty or too watery, give plenty of nourishing, liquid food, cocoa, milk, oatmeal, maltine, together with a powder size of a lima bean of *Calcarea phosph.*, 2nd trituration, given with the food. If the flow of milk is too profuse, substitute *Calcar fluorica* 6x, given in the same way, and restrict the use of much fluid. The same treatment is to be used in order to dry up the milk. Besides, the breasts should be covered with cotton batting and bandaged snugly.

MOUTH.—Nursing sore mouth, aphthous sore mouth, consist in the formation of little vesicles on mucous membrane of the mouth, gums and tongue.

REMEDIES.—*Kali mur.* and *Natrum mur.* are the chief remedies. Dissolve a small powder of each in a glass half-full of water and give spoonful doses every two hours alternately.

MUMPS.—Inflammation and swelling of the glands under the ears, which sometimes extends to the throat and is conspicuous externally. It generally increases till the fourth day, and then gradually subsides; and is evidently contagious, and often epidemic. It often follows measles or scarlet fever, or is the effect of cold or damp.

TREATMENT.—The patient should keep in the house, and avoid exposure to cold and damp; the glands should be fomented with warm water, the face tied up with a handkerchief or piece of flannel, and kept moderately warm, and the diet should be mild and light. If the patient take cold, there is danger of a painful swelling of the testicles.

REMEDIES. — *Ferrum phosph.* should be given so long as there are any feverish symptoms, a dose every hour. Usually, however, there are none, when *Kali mur.*, a dose every three hours, will be all that is

required. If the swelling should persist, give a few doses of *Calcar. fluor.*

NECK, STIFF.—Usually the result of cold or rheumatism.

TREATMENT.—See under "Rheumatism." Rub the neck with camphorated oil, wrap two or three folds of flannel or worsted round it, and avoid exposure to cold, draughts of air, or wet. Take *Ferrum phosph.* every two hours.

NETTLERASH.—An eruption resembling that produced by the stinging of nettles, attended with itching, burning, or stinging pain. The rash often appears instantaneously, disappears in the warmth and reappears in the cold, and seldom stays many hours in the same place, and may be caused by mechanical irritation, cold, or acidity and other disorders of the stomach. Usually it can be traced to some special article of diet, shell-fish and strawberries being especially frequently the cause.

The treatment consists in avoiding these irritating foods, keeping the bowels in good condition, bathing the parts with oatmeal water, and taking *Natrum mur.* and *Kali mur.* in alternation every two hours.

NERVOUSNESS consists in a state of excitability and abnormal impressionability. It is usually a chronic condition, fostered by indulgent foolish parents, irregularity of diet, especially highly seasoned food, overwork, late hours, stimulants, especially coffee and tea, etc. When excessive, it becomes hysteria and requires the same treatment, which must be mental and moral, with a view to exercising greater self control. Change of air, freedom from responsibility, good nourishing food, salt water baths, bicycling are all conducive to bring about a change for the better.

Kali phosph. and *Calcarea phosph.* are the principal remedies and should be given as nerve food remedies right along for some time. Begin with the 6x trituration, tak-

ing three doses a day of one for one week, then change to the other. If the patient is chilly and very sensitive and rather of intellectual turn of mind, give *Silica* 6 trituration, a small powder night and morning. After one week, change to the 12th trituration and take the same way.

NEURALGIA may be caused by changes in the weather, colds, anemic states of the blood, injuries, etc. The pains come and go, are burning or stitching, often associated with cramps in the muscles, twitching, redness and swelling of face.

REMEDIES.—*Ferrum phosph.* should be given when the face is hot and red and the pains increased on moving the head.

Kali phosph. suits pale, irritable persons and when pains are accompanied with much weakness.

Natrum mur.—Pains that return at a certain time each day or are attended with flow of tears. Constipation is a frequent symptom with *Natrum mur.*

Magnes. phosph.—Pains that come and go very suddenly and are always made better by the application of warmth.

Kali sulph.—For pains that shift a good deal, and when they are better in cool open air, but worse towards evening.

Calcar. phosph.—Pains that are associated with numbness and coldness, and always worse at night and every change of weather.

DOSE.—Of the selected remedy, dissolve a powder in hot water and take a sip every few minutes until relieved. For more chronic conditions, take a dose every two hours.

NIGHTMARE.— Oppression felt during sleep, great anxiety, excitement, frightful dreams or fancies, and slight fever; often caused by fatigue, late suppers, or indigestible food.

TREATMENT.— Let the supper be light; avoid fatigue and heavy bed clothing. Take a dose of *Kali phosph.* before retiring.

NOSE, Bleeding from the.—TREATMENT—Immerse the face in the coldest water, and dash cold water, or vinegar and water, up the nostrils, or apply ice or ice-water to the root of the nose, or apply cold cloths or metal to the nape of the neck or back. Keep the head as much elevated as possible, and let the diet be spare and simple in character. As bleeding from the nose often relieves congestion, the treatment should be adapted to the urgency of the symptoms, which, if slight, need not be much interfered with. Persons subject to nose-bleeding should lead a temperate life, with moderate and regular exercise, a nourishing diet, avoiding stimulants, and should make a free use of cold water.

The principal remedy is *Ferrum phos.* Dissolve a powder in a cup of cold water, and take a swallow every few minutes until relieved.

NOISES IN THE HEAD may be due to recent catarrh of the eustachian tube, an

extension from an ordinary cold, or as a result of too large doses of quinine, etc.

If from a cold, take *Ferrum phos.*; if after quinine, take *Natrum mur.*—a dose every three hours.

OVARIES.—Pain in region of groin in females about the time of menses is a common symptom, and is usually connected with other menstrual disturbances. Rest, application of heat, and attention to the bowels, are necessary. Internally, give *Kali phos.* and *Magnes. phos.*, alternating every hour. Between the periods, take *Calcar. phos.* night and morning.

PARALYTIC SYMPTOMS.—Numbness and lameness; rheumatic paralysis; loss of sensation or motion in a part, may be relieved by the use of *Kali mur.*, if due to rheumatism; later, *Calcar. phosph.*, a dose night and morning.

Silica is the remedy, if the condition is due to the suppression of foot-sweat, which

has frequently caused paralytic conditions and cured only by giving a remedy restoring the accustomed sweat.

PERSPIRATION abnormal, when due to weakness, as after acute illness or general run-down conditions of the body, will be lessened by sponging the body with vinegar and water, or cologne spirits and water, and taking at the same time *Calcar. phosph.*, third trituration, a powder every three hours.

PHARYNGITIS.—Redness, pain and swelling of the mucous membrane of the mouth and throat.

REMEDIES.—*Ferrum phosph.*, if the parts are dry, hot with painful swallowing; a dose every hour.

Kali mur., if the tongue be coated white and parts swollen.

Natrum phosph., if the tongue be coated with a yellowish deposit.

The chronic form of pharyngitis is often due to smoking, which must be stopped. A

course of *Kali mur.*, a dose of the third trituration three times a day, will often work wonders.

PILES. (Hæmorrhoids).—Small tumors or lumps formed by a distention or relaxation of the veins of the rectum. They may be external, or so far within the rectum as to be imperceptible, and they may or may not bleed. Sensation of weight, pain in the back, loins and thighs, straining during stool, and constipation, frequently accompany them. Piles are frequently caused by excessive fatigue, obstinate costiveness, the abuse of purgatives, sedentary habits, stimulating food or drinks, or by a constitutional or hereditary tendency.

TREATMENT.—The pain and irritation often present are much relieved by the free application of cold water either by bathing or immersion. *Aesculus Cerate* spread on lint and kept constantly to the parts is sometimes beneficial. When the inflammation is great, rest and the horizontal position

should be observed, with a mild vegetable diet. Everything heating, stimulating, and constipating, must be avoided in the general diet, all highly-seasoned food and the like. Individuals subject to piles should bathe in the sea as often as convenient, or in salt water baths. During an attack, injections of cold water may be used daily; suitable exercises should be taken, and every endeavor made to keep the bowels regular.

In the treatment of piles, attention must be paid to disturbances in the functions of the liver, the digestive organs and the bowels, otherwise a cure cannot be achieved.

Ferrum phosph.—Inflamed and bleeding piles, must be used before the tumors are hardened. Take a dose every hour and bathe with Hamamelis extract.

Calcar fluor. is the chief remedy for the permanent cure. It is useful for blind piles, frequently with backache and constipation, etc. After an acute attack, it is the

remedy for the remaining tumors. Take one tablet every three hours. Use the 6th potency, later the 12th or 30th.

Magnes. phosph. is the remedy, when the piles are exceedingly tender and painful. It may be used in alternation with other indicated remedies, but should be given dissolved in hot water, a dose every hour.

PIMPLES (Acne).—An eruption frequently seen in the young, especially about the time of puberty and whenever the digestive tract is impaired. It consists of distinct pustules not unlike very minute boils, seated on a hard inflamed base, which suppurate imperfectly, leaving behind them small, hard, red tumors, which are slow in disappearing. They generally appear on the face, forehead, and chin, and are excited by too much animal food, spices, stimulants, etc.

The treatment consists in encouraging healthy elimination through skin and bowels. Eat fruit, vegetables, and drink

plenty of fresh water. Thorough washing with soap and water the affected part, then powder with corn-starch, will prove beneficial.

The chief remedy is *Kali mur.* followed by *Calcar. sulph.* Take a dose three times a day.

PLEURISY, FALSE.—Rheumatic Pleurisy. Stitch in the Side.—(Pleurodynia.)—A rheumatic affection of the muscles covering and passing between the ribs, which produces an acute pain in the side increased on inspiration. It is distinguished from true pleurisy by being attended with little or no fever, and by the increase of pain which always takes place on movement of the chest or any exertion causing the contraction of the inflamed muscles.

The treatment consists in the application of heat and administration of *Ferrum phosph.* in hourly doses until relieved.

PLEURISY.—The true form is an inflammation of the Pleura, the membrane lining

the lungs and chest, and is a very painful and serious affection. It is accompanied by fever, short breathing, with a stitching pain in some part of the chest. Greatly aggravated by breathing and motion.

TREATMENT.—The patient's room must be kept quiet, moderately warm, but well ventilated. Perfect rest should be observed. All kinds of animal food and heating fluids should be avoided, and the diet should consist of farinaceous articles, barley water, arrowroot, thin gruel, light vegetables, milk, etc.; returning during convalescence to beef-tea, chicken-broth, etc. A wet bandage may be applied over the painful part with advantage, or if the pain is severe, hot linseed meal poultices, hot fomentations, etc. During recovery, care must be taken to guard against catching cold.

The principal remedy at first is *Ferrum phosph.*, a dose dissolved in water should be taken every half hour. This may be followed

by *Kali mur.*, a dose in alternation with *Ferrum* every hour. Pleurisy is often complicated with inflammation of the lungs themselves, giving

PLEURO-PNEUMONIA, a very serious and very dangerous disease which should always receive the attention of a physician. There is high fever, great oppression of the chest, painful breathing, cough and marked weakness. It is a disease especially dangerous in the very young and the aged and in constitutions run down by excess or other causes. The action of the heart must be watched as death usually occurs from heart failure. Stimulants are indicated in this disease. Among the Tissue Remedies, *Ferrum phosph.*, *Kali phos.* and *Kali mur.* are those most frequently indicated. The remedies must be given frequently, every hour at least, supplemented by absolute rest, easily assimilated food, milk, broths, etc. The application of poultices may prove of much comfort, but should be done

very carefully without disturbing the patient much or exposing him in any way, otherwise they are a delusion.

RED GUM.—Infant Rash.—Pimples occurring upon the face, chest, and hands of young infants, with redness of the surrounding skin, often dependent upon teething.

Bathe the child in bran or oatmeal water, and after thorough drying with a soft towel, powder freely with corn-starch. Give a dose of *Ferrum phosph.* night and morning. If the child is teething, give *Calcar. phosph.*, third trituration, a powder in his food or on the tongue three times a day.

RHEUMATISM.—Pains in the fibrous, muscular, or membraneous parts of the body, generally attended with rigidity of the part affected and aggravation of the pains on motion, and characterized by sensibility to atmospheric changes. Shivering

and a sensation of cold sometimes precede an acute attack (acute rheumatism), fever is present, aching, tearing, or shooting pains with stiffness are experienced in the parts affected, especially in the joints, and in most cases there is more or less disorder of the digestive functions. In chronic rheumatism the symptoms are similar, but less urgent and more tedious. Rheumatism is sometimes local, or wanders from one part to another in a most capricious manner, or even attacks internal organs; is sometimes attended with swelling, heat, and redness, and sometimes without such symptoms, sometimes relieved by motion, and sometimes by rest; sometimes by hot and sometimes by cold applications. Rheumatism affecting the loins is called lumbago; the hips, sciatica; and the chest, false pleurisy.

TREATMENT.—Keep the parts warm and dry; flannel underwear is essential. See that the bowels are kept in good condition; avoid too much meat; drink milk.

The first remedy in this painful affection is *Ferrum phosph.* It should be given every hour until improvement shows itself. If the joints are swollen, alternate with it *Kali mur.* every two hours. For very violent pains, *Magnesia phosph.* is to be used, a dose every hour, stopping the other remedies meanwhile.

Calcar. phosph. is the remedy when every change of weather brings back rheumatic pains. Take a tablet of the sixth potency three times a day for some time. It frequently hardens the system against taking cold.

RINGWORM.—This is a contagious disease caused by a vegetable parasite, and is very common in children, but almost unknown in adults. The parasite is a fungus which attacks the hairs, burrowing into the roots and producing circular patches having a slightly raised and scurfy surface, the hairs on which are dry, brittle, lustreless, and broken off close to the scalp. Some-

times there is a small pustule at the root of each hair, which discharges a mucous fluid.

The treatment consists in the application of Carbolated Vaseline and the internal administration of *Kali mur.*, a dose three times a day.

RICKETS (Rachitis) is an important diseased condition in children, by which the bones are illy nourished and become malformed in consequence. The bones are softer, owing to a lack of deposit of the earthy constituents. It always begins during the first dentition. The usual symptoms are nightly restlessness, sweating about the head, inability to walk or weak legs, large wrists, weak spine, large open fontanelles—the bones of the head do not close. There is great tendency to all kinds of catarrhal complications, muscular debility and nervous symptoms. The teeth are cut late, sometimes a year may pass before the first teeth are through.

The treatment of a rickety child requires careful attention to details. The diet must be regulated; sugar and starchy food must be curtailed; Mellin's food, fresh cow's milk, broths, plenty of fresh air; sunlight and cleanliness must be found in the nursery; warm clothing, combination flannels, warm shoes and stockings are all very necessary; massage, salt water baths, inunction of oil are useful aids. A course of the Tissue Remedies will accomplish excellent results.

Calcar. phos. is the principal remedy. The bones are soft; child is emaciated, sweats profusely, is weak and cold; may have diarrhœa, sallow, earthy complexion, etc. It is best to give it continuously in the food, beginning with tablets of the first or second trituration and putting one in all its food; later, give the third and sixth potency about three times a day. This remedy may be given in alternation with any other that may be indicated.

Natrum mur.—Especially when the neck is very thin and the thighs, also, are much emaciated.

Silica.—Head large, rest of body greatly wasted away; abdomen swollen, hot; ankles weak; offensive diarrhœa; child very nervous, sensitive, irritable, cold tendency to boils; child feels better when wrapped up very warmly.

Natrum phosph.—This remedy is especially useful for poorly nourished children, when there is much acidity, sour-smelling stools, perspiration, etc.; stools often clay-colored. A dose of the selected remedy should be given four times a day and persevered with for weeks, or until marked improvement shows itself.

SCARLET FEVER (Scarlatina).—A peculiar scarlet rash upon the skin, with fever and sore throat. It is infectious and contagious; usually commencing with fever, pains in the throat, and vomiting. On the first or second day, or sometimes a little

later, a scarlet redness of the skin appears, in large, smooth glassy spots, first on the throat and then on the face and neck, from whence it spreads over the whole body, and usually continues until the fifth or sixth day. The redness disappears on slight pressure, but as quickly returns when the finger is removed. The fever is often accompanied with an affection of the kidneys, more frequently with severe disease of the throat and neck, or of some internal organ, and is often followed by dropsy. It generally occurs only once during life. It comes out within a week of exposure to the infection.

The patient with scarlet fever must be separated. It is contagious from the initial sore throat until the last branny scales have been removed. Six weeks quarantine is not unusual.

The treatment must always be superintended by a physician. It is a dangerous disease, though epidemics differ greatly in intensity. The most careful attention to

nursing and diet are absolutely necessary to ensure recovery. Remedies play but a minor role in the treatment. For the simple forms, nothing outside of the hourly administration of *Ferrum phos.* is required. This can always be relied upon until the physician can be called in to take full charge of the case. For the severer types *Kali mur.*, *Kali phos.* and *Calc. phos.* are required.

SCIATICA.—A most painful neuralgic affection of the large nerve supplying the leg, often very obstinate and dependent frequently upon constitutional defects. In the treatment, great attention must be paid to the condition of the bowels, as a loaded colon alone suffices to greatly aggravate the pain, also to the condition of the foot apparel, sometimes heavy shoes or boots, and warm stockings going far to cure an attack.

Kali phos.—Pain down back of thigh to knee, great restlessness, moving about gently gives some relief for a time.

Natrum sulph.—In gouty patients, pain in hip-joint, worse moving about or raising from a seat.

Natrum mur.—Chronic cases. Pains better by heat, worse right side, hip and knee; hamstrings feel contracted.

Magnes phos.—When the pains are very severe. Given in hot water, it will often mitigate them.

A dose of the selected remedy may be given hourly or oftener, if pains are severe; when less acute, a dose four times a day will prove sufficient. For very obstinate cases *Calc. Phos.* and *Silica* may be tried.

ST. VITUS DANCE (Chorea.)—A disease of the nervous system characterized by twitchings and involuntary movements of certain groups of muscles, especially of the face. The disease is often associated with rheumatism, anemia, worms and as a result of mere imitation.

REMEDIES.—*Magnes phosph.* and *Calcar phosph.* are the principal remedies. For the

acute attacks, give a dose of *Calcar phos.* morning and night, and *Magnes phos.* every two hours during the day. When improvement sets in, give one dose of each daily, one in the morning and the other at night.

SHINGLES.—An eruption of vesicles in small distinct clusters, with red margins which spread around the body like a girdle or belt, most commonly at the waist, and is attended with heat and itching and often with acute pain of a neuralgic character, vesicles do not burst but change color and dry up. In its chronic form it is obstinate and diffieult of cure.

TREATMENT.—Powder the parts with corn starch after applying a little vaseline and take *Kali mur.* and *Natrum mur.* in alternation, a dose every two hours. If the pain is severe substitute *Kali phosph*, a dose every hour.

SLEEPLESSNESS (Insomnia) is an early symptom of an exhausted condition of the

nervous system and should be treated by looking to the general health. Avoid mental work, especially in the evening; stimulants, especially coffee, but see that the patient does not go to bed hungry. Often a cup of beef-tea or hot milk at bedtime will ensure a good night's rest. See that the feet are warm when retiring; if necessary, put a hot water bag in the bed.

The best general remedy is *Kali phos.* It may be taken with advantage in hot milk on retiring for the night.

Silica may be taken during the day, if the patient is nervous and excitable and chilly. A dose three times a day.

SMALL-POX (Variola).—Small-pox commences with fever, accompanied with nausea and vomiting, severe pains in the back and loins, bad smell from the mouth, and frequently with tenderness of the abdomen on pressure. On the fourth day the eruption makes its appearance, first on the face and hairy scalp, then on the neck, and

afterwards over the whole body. At first, the eruption has the form of small, red, hard, and pointed elevations, which increase and enlarge during the next three days, forming into small vesicles on the top of each pimple, depressed in the centre, having an inflamed base, and being filled with a clear fluid. On the eighth or ninth day the eruption is at its height, after which time the pustules commence to dry up and scab in the order in which they make their appearance. The pustules sometimes run into each other, and form large, continuous, suppurating surfaces. The eruption on the skin passes through the stages of pimple, vesicle, pustule, scab, and leaves marks on the site of exudation. The disease generally exhausts the susceptibility of the constitution to another attack and is highly contagious.

Treatment.—The patient's room should be cool, thoroughly ventilated, and darkened; some antiseptic should be used freely, either on cloth dipped in the solutions

or in the form of spray. Cool, fresh air should be admitted several times a day, and the patient should lie on a mattress and be lightly covered. The linen should be frequently changed, and the free use of cooling drinks allowed. The diet during the feverish symptoms should be spare and light—barley-water, thin gruel, etc.; and if there is no diarrhœa, roasted apples, stewed prunes, and the like. When convalescence sets in, beef-tea and chicken-broth should be given. Toast-water and oatmeal-water may be used as beverages which, with the diet, should be more cold than warm. To allay irritation and prevent pitting, the pustules should be painted with glycerine or starch.

PREVENTIVE TREATMENT.—Vaccination is the only effectual preventive against small-pox, or if it does not prevent, it will certainly modify its course.

Kali mur. is the principal remedy; it controls the formation of pustules.

Kali sulph. may be given to promote the formation of healthy skin and the falling off of the crusts. Use the 3rd trituration, a dose every three hours.

SORE THROAT.—An inflammatory condition of the back part of the mouth, (throat, palate, and tonsils), with difficulty of swallowing, impeded respiration, and more or less fever. It may differ greatly in intensity, from the slightest irritation in the throat, which vanishes quickly, to cases of great severity ending in abscess and suppuration, and obstructing respiration to an alarming extent. See Tonsilitis.

TREATMENT.—Use a wet compress around the throat; gargle with claret and water and take *Ferrum phos.*, a dose every half hour, if the throat is red, inflamed, painful; burning in throat. Useful for the sore throats of singers and those who use the voice much. Tendency to evening hoarseness.

Kali mur.—When tonsils swell. Ulcerated sore throat. Granular pharyngitis. Tough mucus in throat.

Natrum mur.—Sore throat of smokers and after nitrate of silver treatment. Throat feels constricted with stitches. Chronic sore throat with feeling of a plug or lump and great dryness.

Calcara fluor.—Relaxed sore throat, uvula too long, tickling in throat. Hawking of mucus early in the morning. Burning in throat.

Of the selected remedy, take a dose every hour in acute cases, for more chronic types, a dose three times a day.

SPASMS are usually met with in domestic practice in children, who are of a nervous organization, and have been subjected to errors in diet. The first thing to do is to get rid of the offending cause, hence an injection or even vomiting may be resorted to. A hot bath is always indicated. After these things have been at-

tended to, give *Magnes. phos.* dissolved in hot water every few minutes for a few doses. This may be followed by *Calcar. phos.*, especially if the *Mag. phos.* fails to give entire relief. *Calc phos.* is especially indicated in convulsions from teething without fever. Fits during development in childhood. In anemic, pale patients, cramps and convulsive movements of all kinds.

A dose three times a day beginning with the third trituration, and after some time substituting the sixth and higher.

SPINAL IRRITATION is shown by backache, weakness, painful spine, headache, impaired digestion, etc., frequently found in hysterical subjects. A course of the Tissue Remedies, together with attention to the general health, massage, salt water baths, will be of great benefit. The chief remedies are

Natrum mur., especially when the patient is easily fatigued, weakness from the

slightest exertion, restless, pain in back and head, spine very sensitive. Salty taste and repugnance to food; vision becomes dim after reading; skin dry and harsh, mouth dry; feet heavy; back feels broken; bladder weak, dribbling of urine.

Silica.—Spinal irritation of children depending on worms. Nape of neck stiff—burning in back. Patient very sensitive to every impression, feels better from warmth in general.

Kali phos. may be given in alternation with either of these remedies as a general nerve food. A powder may be taken three times a day, half an hour before eating.

TEETHING.—Dentition.—There is no doubt that the teething process does predispose the child to various disturbances; it renders it more sensitive and open to all sorts of impressions and morbid influences. There is more or less restlessness, sleeplessness, fever, bowel disturbance and skin irritation. Look to the general physical

comfort of the child, warm clothing, sufficient but not too much bed clothing, regular bathing, good air, sunny room, daily exercise in the open air, if the weather permits, etc. Suitable food, of which mother's milk is the best of course, is of paramount importance. In the absence of mother's milk, cow's milk modified by the addition of barley-water is one of the best substitutes. When the teeth begin to appear, a crust of bread and broth may be given in addition, though milk should be the principal article of diet for the first four years. There is nothing more certain than the favorable influence of some of the Tissue Remedies in regulating this important time in the child's life. Among them none is of greater and wider influence than

Calcar. phos. If the teeth are rather late in erupting, it should be given to hasten development. It is the remedy for all troublesome ailments during dentition; especially useful in flabby, emaciated children who are apt to have loose bowels and

suffer from stomach troubles. Give a powder of the third trituration in the food three times a day. It may be advantageously followed by

Calcar. fluor., which also greatly facilitates dentition; indicated when there is vomiting and spasms, incessant crying, etc.

Magnes. phos.—In convulsive cases, much twitching of muscles or complete spasms; colic and loose bowels call for it. Should be given after every stool and during spasmodic symptoms every few minutes.

THRUSH. Sore-mouth. (Aphthœ).—A disease of infants, and also one of which is peculiar to the last stage of chronic diseases, consisting of white, spongy and sloughy ulcers, resembling loose skin on the tongue, palate, throat; and sometimes, when severe, extending throughout the intestinal canal; often caused by want of cleanliness, or bad, or unsuitable food.

TREATMENT.—Liquid and cool food alone must be given. Keep the mouth scrupu-

lously clean with a solution of Boracic acid. or Listerine.

Kali mur. and *Natrum phosph.* are the remedies which may be given alternately every hour dissolved in water.

TONGUE.—The appearance of the tongue gives very valuable indications for the use of the Tissue Remedies. Sometimes it alone, when very marked, may lead to the right remedy. The most marked appearances characteristic of each remedy are the following:

Kali mur.—Tongue swollen; coating white, grayish, shining.

Kali phos.—Tongue excessively dry, brown. Edges red and sore.

Kali sulph.—Coating yellow, slimy with insipid, pappy taste.

Natrum mur.—Clean, moist tongue, sensation of a hair on tongue. *Feels* dry, but is not. Small bubbles of frothy saliva cover the sides and tips.

Natrum phos.—Coating at the base moist, creamy or golden yellow.

Calcar fluor.—Cracked appearance of tongue.

TONSILITIS (Quinsy).—Inflammation and swelling of the tonsils, at times going on to formation of pus. Usually the result of cold. There seems to be a special predisposition to it in certain persons, which can only be eradicated by constitutional treatment.

REMEDIES.—*Kali mur.* is the principal remedy. Give a dose every hour.

Calcar. sulph.—If pus forms, it may then be alternated with the former.

Besides the remedies, ice is very grateful. Ice-cream will be found a good food.

TONSILS, ENLARGED.—A very common affection of childhood, often interfering with breathing with mouth closed. Before resorting to cutting, which is so popular nowadays, a course of internal medication

should be given a chance to cure radically. Frequently a few weeks' treatment will accomplish the result.

The principal remedy is *Calcar. phos.* Chronic swelling of the tonsils, causing pain on opening mouth, difficulty in swallowing and deafness, husky voice. Give the 2x trituration, one tablet four times a day for two weeks; then substitute the 3x, and later the 6th given in the same way.

TOOTHACHE. — Pain in one or more teeth, which varies extremely in degree, duration, and character, frequently extending to the face, ears, neck, and head, and often resulting from pregnancy, decayed teeth, extremes or sudden changes of temperature, cold, rheumatism, indigestion, or from hot or cold, sweet or sour articles of food or drink, etc.

REMEDIES.—*Ferrum phosph.*, when there is heat and redness in the cheek and when pain is relieved by cold drinks.

Natrum mur., when the pain is associated with profuse flow of tears or of saliva.

Magnes. phos., when the pains are relieved by the application of heat and warm drinks.

Silica, when the pains seem to be deep in the jaw.

Calcar. fluor., when gum boil forms or other hard swelling.

DOSE.—A powder of the selected remedy should be given every half or quarter of an hour. When improvement sets in, not so often.

TUMORS.—Nothing proves the efficiency of constitutional treatment by means of the Tissue Remedies more than the disappearance of growths and tumors after a course of this treatment. Not all yield; probably none in the latter stages of their development, but many in the earlier stages; and it is certain that surgical measures should not be decided upon until a few months treatment have been tried. The indications for

the following remedies are based on the experience of many physicians and cannot be gainsaid.

Kali phos., has been found of much use in cancer, for the pain, offensive discharge and debility.

Kali sulph., in Epithelioma, cancer on the skin near a mucous lining, with discharge of thin, mattery secretion.

Calcar. phos.—Cysts of all sorts require this remedy. Goitre, weeping sinew, housemaid's knee, etc., all yield to this drug.

Calc. fluor.—Hard tumors. Knots, kernels, hardened glands in the breast. Indurated lumps.

Silica.—Enlarged glands; swellings, lumps that are hard but threaten to suppurate.

The selected remedy should be taken persistently for several weeks, two or three times a day and in varying potencies.

ULCERS.—Here, too, the administration of internal remedies does more than all lo-

cal measures ever accomplished. These are not to be neglected, but healthy action is greatly furthered by the concomitant use of the Tissue Remedies. The chief one is *Silica*.—Always indicated in suppurative processes, glandular swellings with suppuration. Ulcers of the lower limbs; spongy, easily bleeding ulcers; sluggish ulcers, in hard worked and ill-fed persons. Ulceration following abrasion of the skin over the shin-bone.

Begin with the third trituration dissolved in water and take a dose three or four times daily. Then gradually substitute the sixth and later the twelfth trituration.

URINARY TROUBLES.— Disturbance in the normal action of the urinary apparatus, met with in domestic practice, shows itself more frequently as incontinence, or too frequent, sometimes too scant and more or less painful urination. The causes may be various: colds, errors in diet, rectal troubles; and, in women, displacements of the womb

are frequent causes. Any pronounced and persistent change should receive the attention of a physician. The urinary symptoms of the following remedies are well defined, and whenever present will often yield to the corresponding remedy:

Ferrum phos.—One of the best remedies for wetting of the bed in children and incontinence of urine, when every cough causes the urine to spurt. Inflammation of the bladder; irresistible urging to urinate, aggravated by standing, with smarting and pain.

Kali phos.—Wetting of the bed in older children. Incontinence in old people; scalding, bloody urine; itching of urethra.

Magnes phos.—Spasmodic retention of urine. Gravel.

Natrum phos.—Chief remedy in catarrh of the bladder. Much mucus in urine; frequent urination; diabetes.

Natrum sulph.—Sandy deposit, gravel, brick-dust sediment. Especially useful in

gouty patients. This remedy is advantageously followed by

Calcar phos.—Tendency to stone in the bladder; flocculent sediment.

Natrum mur.—Cutting in urethra, and after urinating; much and frequent urine; involuntary, after coughing, when walking, etc., etc.

VACCINATION.—Should any ill effects show themselves after vaccination, *Kali mur.* and *Silica* will neutralize them; a dose of one in the morning and the other at night.

VARICOSE VEINS.—Enlarged veins, more especially in the legs, and occurring frequently during pregnancy. They are discolored, knotty, and sometimes become very painful, and may burst, if neglected.

Ferrum phos. is a powerful vein remedy. Varicose veins in young persons; throbbing in the parts.

Calcar. fluor. is the chief remedy for all forms of varicose veins. Sharp, piercing pains, burning soreness, even ulceration of the veins. Use the sixth trituration, three times a day. Sometimes a local application of a solution of the 2d trituration, in water, will be of much benefit.

VERTIGO is a symptom of various diseased conditions; may be caused by gastric disorders as well as disturbed states of the circulation.

REMEDIES.—If due to congestion of the brain, shown by hot head, full pulse, etc., give *Ferrum phosph.*, a dose every two hours. If due to anemic condition, give *Calcar. phos.*, a dose three times a day. If due to gastric disorders, consult the remedies there indicated.

Kali phos. in the aged; vertigo worse rising or looking up; nervous causes; run-down states of the system.

Natrum sulph., with biliousness and bitter taste; excess of bile.

VOICE, LOSS OF.—Usually from cold or over use of voice. Rest, warm drinks, and *Ferrum phos.* every hour, usually soon restore the voice.

VOMITING.—BILIOUS VOMITING.—See under "Bilious Attacks."

THE VOMITING OF BLOOD.—This symptom, if it be not a symptom of consumption, may arise from a weakness brought on by some exceptional cause, such as straining, a blow on the stomach, overheating, etc. Spitting or coughing up of blood may present itself in various degrees of severity, and may or may not be a dangerous symptom, sometimes arising from the ulcerative process in consumptom; but at other times it may be constitutional, caused by external circumstances, such as quick running, violent exercise, lifting, etc. Care should be taken to examine whether the blood coughed or hawked up is from the lungs or stomach, or merely from the nose, or back part of the mouth or throat. Call a

physician to determine this. Give cold drinks and dissolve a powder of *Ferrum phos.*, third trituration, in a glass of ice-water and give teaspoonful doses every five minutes until better, then every hour.

VOMITING is a frequent symptom in children from errors in diet or at the beginning of acute diseases, notably brain troubles; in adults it indicates diseases of the stomach or kidneys, most commonly an excess of bile, so-called biliousness.

In order to treat it successfully, the whole patient must be taken into consideration and the underlying complaint treated. but the symptom is very marked in the following remedies.

Silica.—Child vomits as soon as it nurses. Morning vomiting with chilliness.

Ferrum phos.—Vomiting of food with sour fluids, soon after eating; vomiting of blood, bright red.

Kali mur.—Vomiting of thick, white phlegm.

Natrum mur.—Vomiting of sour fluid, not food; curdled masses; dark substance, like coffee-grounds; of watery, stringy transparent mucus.

Natrum phos.—Vomiting of sour fluid curdy masses with yellow coating of tongue.

Natrum sulph.—Bilious vomiting with bitter taste. Morning sickness, constant nausea.

Calcar. phos.—Vomiting after cold water and ice-cream. Infants vomit often and easily and want to nurse all the time. Vomiting with teething troubles.

WRITER'S CRAMP is a functional nervous trouble characterized by spasmodic, tremulous, inco-ordinate or paralytic disturbance when the act of writing is attempted. It is associated with some pain and fatigue. It is a type of other cramps incident upon certain occupations, like telegraphers, musicians, etc., who use one set of muscles continuously and without sufficient rest.

The treatment consists in rest largely, massage and the administration of *Natrum phos.* and *Magnes. phos.* A dose of one in the morning and the other at night for some weeks. If necessary, these may be followed by *Calcar. phos.*, especially where there is cramplike pain in fingers and wrists.

WHOOPING COUGH.—A convulsive cough, accompanied with a shrill whoop, and returning in fits which are frequently terminated by vomiting of food and mucus. The disease commences with cough, hoarseness, and other symptoms of a common cold; and in the second or third week, the cough peculiar to this disorder makes its appearance. The paroxysms usually occur every two or three hours, and are often worse during the night, or every other day. Between the paroxysms, with the exception of being weak, the patient shows no apparent symptoms of disease.

1. The Catarrhal Stage. SYMPTOMS.—Those of an ordinary cold—sneezing, watery dis-

charge from the nose, watery eyes, hoarseness, dry cough, headache, oppression at the chest, feverish nights, etc., lasting for two or three weeks.

2. The Convulsive, or Whooping Stage.—SYMPTOMS.—Violent paroxysms of cough of a convulsive and suffocative character, and distinguished by a peculiar whoop. The face and neck are sometimes swollen and livid, the eyes protruded and full of tears. The duration of the paroxysms varies from one to five minutes, at the termination of which there is often vomiting or expectoration of food or ropy mucus. This stage lasts from five to six weeks.

TREATMENT.—The diet must be nourishing and the strength of the patient well kept up. Plenty of fresh air and regular exercise should be enjoined. Linseed tea, or gum-arabic water will be found useful to allay the irritability of the throat. All sources of irritation and excitement should be excluded from the invalid.

Magnes phos. is the principal remedy. It should be given steadily, and will soon greatly modify the disease. Dissolve a powder of the third trituration in a glass of water, and give teaspoonful doses every two hours and after every coughing spell.

Calcar phos. may be needed in weakly constitutions, or in teething-children, and in obstinate cases with emaciation.

WORMS, THREAD.—Small worms resembling ends of white cotton or thread, affecting the last portion of the bowel, and especially the rectum, causing great irritation, especially at night, nervous derangement, difficulty in making water, paleness of the face, picking of the nose, variation of the appetite, etc. They may often be seen in the child's stool, or crawling on the child's person.

TREATMENT.—Look to the diet; avoid too much starchy and amylacious food, mushes, etc. It may be necessary to give an occasional injection of salt and water, one tea-

spoonful to a quart of water, and afterwards apply a little vaseline to the rectum. Keep the parts immaculately clean.

Natrum phos. is the principal remedy for all kinds of worms—round, long or thread worms. There may be pain in the bowels, restless sleep, picking at nose, acidity, itching of rectum, grinding of teeth, etc.; all symptoms more or less present with this trouble. This remedy probably acts by destroying the excess of lactic acid, which seems to be necessary for the life of these worms. Give one tablet of the third potency night and morning.

MATERIA MEDICA.

CALCAREA FLUORICA (Fluoride of Lime). This salt is found in the surface of the bones and in the enamel of the teeth; also in the elastic fibres and skin. A disturbance of the equilibrium of the molecules of this salt, according to the theory of Biochemistry, causes a relaxed condition and a dilatation, interfering with absorption and hence favoring hardening and swelling of the tissues. Enlarged veins, piles, swollen and hardened glands, tumors, uterine displacements, are conditions resulting from such a cause.

SPECIAL SYMPTOMS CALLING FOR THE USE OF CALCAR. FLUOR.—*Head:* Lumps on head; hard swellings; nasal troubles; stuffy cold; bad odor with thick, lumpy discharge, which is hard to detach, going back into throat.

Mouth and Throat: Gumboil with hard swelling on the jaw; cold sores; throat troubles, tickling from enlarged soft palate.

Stomach and Bowels: Hiccough and vomiting; constipation and piles, swollen and hard; bleeding piles; itching of rectum; internal piles, with backache; displacement of the womb, indicated by dragging pains; falling of womb; profuse menstruation.

Respiratory Organs: The chief remedy in croup; dry, hoarse cough; tickling and cough, with lumps of thick mucus.

Extremities and Skin: Enlarged veins; chief remedy for varicose veins anywhere; blood tumors; gouty enlargements; cracking in joints; weeping sinew; inflammation of knee-joint; hardened glands; knots and kernels, and tumors anywhere.

CORRESPONDING HOMŒOPATHIC REMEDIES.—Fluoric acid, Aurum and Silica.

For hard swellings: Baryta jod., Calcar. jod.

For offensive catarrh: Aurum and Kali bich.

PREPARATION AND DOSE.—The best preparation for ordinary use is the sixth trituration, of which a small powder size of a bean may be taken dry on the tongue, three times a day; or one tablet of the same strength may be used instead. After one week's use of the sixth, it is often advisable, in chronic cases, to substitute the twelfth potency, used in a similar manner.

CALCAREA PHOSPHORICA (Phosphate of Lime).—This salt gives solidity to the bones. It is absolutely essential to the proper growth and nutrition of the body and supplies the first basis for the new tissues. An insufficient supply of Calcarea phos. results in defective nutrition, imperfect growth and decay. It is of greatest importance during dentition, in young, rapidly growing children, at puberty, in old age and especially after acute diseases,

drains on the system and in inherited weakness and disease tendencies, especially scrofulous and tuberculous manifestations.

SPECIAL SYMPTOMS CALLING FOR THE USE OF CALC. PHOS.—*Head*: Peevish and fretful state; impaired memory; vertigo, cold feeling in head; headache, about puberty; in infants, bones of head do not close; scalp sore, itches, feels cold.

Eyes and Ears: Scrofulous inflammation of eyes with spots on cornea; eye-troubles in school children and at the time of puberty; cannot use eyes by gas light; twitching of lids; bones around ear aches; ear feels cold.

Face: Pimples; complexion sallow, greasy; face-ache.

Mouth and Throat: Bad taste; teeth develop slowly; difficult teething; glands swollen; chronic enlargement of tonsils; relaxed sore throat; sore throat with pain on swallowing; constant hawking.

Stomach: Flatulence and heartburn; infant wants to nurse all time; pains after eating; craving for salted and smoked meat.

Abdomen: Stool is watery, offensive, noisy; summer complaint; pain in rectum; fistula.

Urinary and Sexual: Wetting of the bed; incontinence in old people; diabetes; gravel; uterine displacements, with rheumatic pains; menses too early and too profuse. After prolonged nursing, leucorrhœa, etc., it acts as a constitutional tonic.

Respiratory: Soreness of chest; cough of consumptives; palpitation.

Extremities: Rheumatism; numb, cold limbs; sore, aching, worse any change of weather; languor, trembling and twitching: anemia and chlorosis; rickets; flabby, emaciated, sickly, ailing, backward children; polypi; irregularity in development; lumbago, after the use of Ferrum phos; housemaid's knee; bow-legs in children and swelling of the joints.

CORRESPONDING HOMŒOPATHIC REMEDIES.—China, Ruta and Symphytum.

As a remedy for the aged, Baryta is often more valuable.

In children, Calcar. carb. is to be preferred, when they are fair, plump, sweat much, with cold, damp feet much of the time.

PREPARATION AND DOSE.—For infants, the best preparation is the third trituration, of which one-quarter of a teaspoonful may be dissolved in the milk twice a day, and given thus with the food. This may be continued throughout the teething period. For all ordinary purposes, tablets of the third or sixth potency, given three times a day, will be found effective. For old patients, the twelfth potency is best.

CALCAREA SULPHURICA (Gypsum).—This salt is contained in the connective tissue and it stands in close relation to suppurations. It cures at that stage, when

suppuration continues too long. The presence of pus with a vent is the general indication.

Special Indications.—*Head:* Scald head of children; pimples and pustules on face; cold in head with thick discharge; edges of nostrils sore.

Respiratory: Cough with hectic fever; obstinate hoarseness; bronchitis; consumption; catarrh with thick, lumpy, pus-like secretions; cough with herpetic eruptions.

Extremities: Backache; burning itching of soles; herpetic eruptions all over; boils; carbuncles; chilblains; abscesses; to shorten the suppurative process; felons, ulcers, with excessive granulations.

Corresponding Homœopathic Remedies.—Hepar and Silica.

Calcar sulph. resembles Hepar, but acts deeper and more intensely, and is often useful after Hepar has ceased to act. Silica is preferable in glands that suppurate.

PREPARATION AND DOSE.—Tablets of the third potency every two hours in acute, and three times a day in chronic, diseases.

FERRUM PHOSPHORICUM (Phosphate of Iron). Iron is found in the red blood corpuscles most abundantly, but is contained also in every cell. A disturbance of the equilibrium of the iron molecules in the muscular fibres causes a relaxed condition, favoring congestion and hæmorrhage. Iron restores the tone, equalizes the circulation, and abates the fever. All ailments of a congestive nature, especially in children who are dull and listless, failing appetite, lose weight, etc.

Head and Face: Rush of blood to head; throbbing headaches; head sore to touch, with eyes bloodshot, red, inflamed; florid complexion; hot, red face; face-ache, with flushed face, cheek sore and hot; cold applications are grateful; gums hot; teething troubles, with feverishness.

Nose and Ears: First stage of all colds; bleeding from nose; noises in ears; earache; deafness.

Throat: Throat dry, red, inflamed, painful; first stage of diphtheria and ulcerated throat.

Gastric symptoms: Thirst; vomiting of food and blood; undigested stools; hæmorrhoids and dysentery.

Urinary symptoms, etc.: Wetting of the bed; frequent urination; menses too early, and frequent, and profuse; menstrual colic.

Respiratory symptoms: First remedy for colds on the chest, especially in children. Painful cough with fever; soreness of chest; cough with emission of urine; cough with bloody expectoration; bronchitis, pleurisy and pneumonia in the first stage; croup; loss of voice; hoarseness; huskiness after talking or singing; whooping-cough with vomiting; palpitation.

Back and Extremities: Stiff neck; lumbago; rheumatic pains anywhere, that are

worse moving and better from warmth; acute articular rheumatism.

Corresponding Homœopathic Remedies.—Aconite and Gelsemium.

Aconite has more restlessness, tossing about and greater fever.

Gelsem., more drowsiness and languor.

In anemic conditions, China and Calcar. phos.

In respiratory troubles, Bryonia and Tartar emetic follow often.

Preparation and Dose.—The best preparation for acute conditions, in the beginning of all acute diseases, is the third trituration, of which a powder size of a bean should be dissolved in a tumbler half full of pure cold water, a teaspoonful of which may be taken every quarter, half or hour, according to the severity of the symptoms. When improvement sets in, the interval between the doses may be lengthened. When the conditions are not very acute, tablets of the sixth potency may be taken every two hours.

KALI MURIATICUM (Chloride of Potash). This salt is found in the blood, nerve cells and muscles. It stands in a chemical relation to fibrin and corresponds to the second stage of all inflammations. Croupous and diphtheritic membranes, lymphatic enlargements, discharges and expectorations of thick, whitish matter. The principal indications for the drug are such discharges and white, greyish coating of the tongue. The efficacy of this remedy is demonstrated in chronic catarrhal conditions, croup, diphtheria, dysentery, pneumonia. In alternation with *Ferr. phos.* in coughs, deafness from catarrh of the eustachian tubes, skin eruptions with small vesicles containing yellowish secretions, ulcerations with swellings and white exudations; in leucorrhœa with characteristic discharge, etc. Symptoms in general are worse from motion; the gastric and abdominal being worse after taking pastry, rich and fatty foods.

Head symptoms: Sick headache; dandruff and eruptions on scalp; chronic discharge from ears; deafness and earache; noises in ears; stuffy colds; thrush, canker and rawness of mouth; tongue coated grayish, white and slimy.

Throat: It is useful in most cases of diphtheria and specific for diphtheritic sore throat; pharyngitis, tonsilitis; chronic sore throat with deafness.

Gastric Symptoms: Dyspepisa with a whitish gray tongue after rich food; vomiting of white mucus; jaundice, sluggish action of liver; constipation with furred tongue; abdomen tender; diarrhœa after fatty food; piles, especially bleeding, dysentery.

Urinary and Sexual Organs: Inflammation of bladder; dark colored urine, with sandy deposit; Urethritis, menses too late, leucorrhœa, thick and bland; ulceration of womb; morning sickness, and inflammation of the breast.

Respiratory Organs: Loss of voice; asthma, cough, with thick, whitish expectoration, croup, pleurisy and pneumonia after Ferrum phos.

Back and Extremities: Rheumatism with swelling around joints; rheumatic pains felt only during motion, or at night in bed; epilepsy.

Skin: Abscesses, boils, carbuncles, acne, eczema, burns, cold sores, pimples, pustules, warts, etc., all require a course of Kali mur., chief remedy in glandula swellings, old spasmodic conditions.

PREPARATION AND DOSE. This remedy acts better in the lower potencies, from 2x to 6x. In diphtheria and kindred affections it should be given ten to fifteen grains in one-half glass water every hour. Locally it should be applied on lint dressing.

CORRESPONDING HOMŒOPATHIC REMEDIES.—Bryonia, Mercurius and Sulphur. Like Sulphur, it is a deep acting remedy with eradicating tendencies, useful as an inter-

current medicine in the treatment of chronic diseases.

KALI PHOSPHORICUM (Phosphate of Potash).—This salt is a constituent of all animal fluids and tissues, notably of the brain nerves, muscles and blood. It is an anti septic and hinders the decay of tissues: Nervous conditions known as neurasthenic, is the field in which this salt has become pre-eminent. The results of a want of nerve power, as prostration, exertion, loss of mental vigor, depression, brain-fag, softening of the brain, and when there is rapid decomposition of the blood. It is curative in septic hæmorrhages, scorbutic gangrene, stomatitis, offensive carrion-like diarrhœa or dysentery, adynamic or typhoid conditions, incontinence of urine, urticaria, predisposition to epistaxis in children, dizziness and vertigo from nervous exhaustion; tongue coated as if spread with dark liquid mustard. Many symptoms are aggravated by noise; by rising from a sit-

ting position; by exertion, physical and mental; pains worse in cold air; ameliorated by gentle motion, eating, excitement, anything in fact that will relieve the mind and aid in restoring the lacking nerve force. Typhoid and gastric fever, malignant conditions.

Head Symptoms: Nervous dread, anxiety and fear; brain-fag; depressed spirits; general irritability; impaired memory; dulness, want of energy, hysteria, nervousness and weakness; headaches of students and those worn out; very sensitive to noise and other impressions; confused feeling—here follow with Calc fluor., second trituration.

Gastric: Tongue dry; feels as if it would cleave to roof of mouth; coated dark brown; edges sore and red; bleeding of gums; hungry feeling; all gone sensation; constant pain in pit of stomach; flatulence; diarrhœa, rectum sore, bowel prolapsed; stools dark brown, bloody, offensive.

Back and Extremities: Paralytic conditions; burning of feet, fidgety feeling,

numbness and weakness; Neuralgic pains anywhere with depression; weakness, sciatica; cold aggravates all pains.

Respiratory Organs: Short breath, hoarseness, faintness; intermittent and irregular pulse, palpitation.

Urinary Organs: In wetting of the bed of children, this remedy is often effective when other remedies fail. Frequent urination in old people; diabetes with nervous weakness; Bright's disease. Menses premature and profuse, black and offensive; dull headache with menses, very tired and sleepy, legs ache; pain in ovaries and across lower part of back; yellow leucorrhœa.

PRÉPARATION AND DOSE. The lower potencies seem to work best. Either the third and sixth, or even the second trituration will answer all purposes. For acute conditions, take a powder, size of a lima bean and dissolve in half a tumbler of water, and take teaspoonful doses every hour. For more chronic conditions, take one

tablet of the third potency four times a day.

CORRESPONDING HOMŒOPATHIC REMEDIES.—Rhus and Phosphorus, Pulsatilla and Ignatia. The nearest analogue is Rhus, for the symptoms depending on blood changes, while Phosphorus is more like it in the nervous diseases. As a nerve sedative, Kali phos. corresponds with Ignatia and Coffea. In menstrual headaches Gelsemium Pulsatilla and Cimicifuga.

KALI SULPHURICUM (Sulphate of Potash). The skin and mucus membrane is largely under the influence of this salt. It is especially called for in the late stages of all inflammations. In profuse desquamation. In all conditions accompanied by a yellow mucous discharge or caused by suppression of eruptions or discharge. When the patient is worse towards evening and better in the open air.

Head: Dizziness and headache, worse in warm room and in the evening; dandruff

and scaldhead; eruptions on scalp; colds, with yellow, slimy matter; old catarrhs, nose obstructed lost smell; offensive discharge.

Gastric Symptoms: Burning thirst; catarrh of stomach with yellow, slimy coated tongue; pressure as of a load in stomach; dread of hot drinks; yellow, slimy diarrhœa, with colic; habitual constipation.

Urinary and Sexual: Slimy, yellow or greenish discharge from urethra or from vagina.

Respiratory Organs: Bronchial asthma and catarrh, worse in warm season; cough worse in the evening; great rattling in the chest; rattling of mucus with cough; suffocative feeling in hot atmosphere; desire for cool air.

Extremities: Rheumatic pains in back and extremities, shifting, wandering, settling in one place, then in another.

Skin: Inactive skin; chafing of skin; scaly tetters; ivy-poison; nettle rash; burn-

ing, itching eruptions; diseased nails; erysipelas; eczema and cancerous growth; polypi.

PREPARATION AND DOSE.—When used externally for dandruff and skin, use the first trituration dissolved in water, one teaspoonful to one pint. Internally, tablets of the sixth every three hours will meet most conditions.

CORRESPONDING HOMŒOPATHIC REMEDIES.—Pulsatilla is the nearest analogue. Kali sulph. often follows very advantageously Kali mur. and Pulsatilla.

MAGNESIA PHOSPHORICA (Phosphate of Magnesia).—This salt is a constituent of muscles and nerves. It causes contraction in muscular fibres and hence its use in cramps, convulsions and other nervous disturbances. Pains anywhere that are relieved by warmth and pressure. It is the great antispasmodic remedy.

Head: Pain in head always relieved by warm applications; neuralgia with chilli-

ness after mental labor; neuralgia around eyes, worse on right side; earache worse from cold air or caused by washing in cold water; faceache, worse touch, cold wind, washing, better by application of heat; convulsive twitching of facial muscles or eyelids; toothache; complaints of teething children, especially spasmodic symptoms.

Gastric Symptoms: Hiccough, heartburn, gastralgia, flatulent dyspepsia; flatulent colic relieved by warmth and pressure; abdomen bloated; watery diarrhœa with cramps; constipation of infants, with spasmodic pain at every attempt at stool with much gas.

Female Symptoms: Menstrual colic; pain precedes flow; intermittent; ovarian neuralgia; membranous discharge with menses; menses too early, dark, fibrous.

Respiratory Organs: Whooping cough, best remedy; any spasmodic cough, worse at night and on lying down; oppression of chest; constriction of chest and throat; angina pectoris; nervous palpitation.

Back and Extremities: Neuralgic pains; intercostal neuralgia; tingling sensations; feet very tender; cramps in calves; neuralgia in limbs with muscular contractions; languid and exhausted feeling; chorea; bad effects from stimulants.

PREPARATION AND DOSE.—This remedy acts best when given in hot water. Dissolve a powder of the third trituration in a cup of hot water and drink while warm. In severe pain it may be advisable to use the first or second trituration in the same way. For colic in infants, the thirtieth potency given in hot water acts best.

CORRESPONDING HOMŒOPATHIC REMEDIES.—The most striking resemblance of its action is to *Colocynthis* which may be used with it in colic and neuralgic affections. In spasmodic symptoms, Belladonna is similar. In female complaints, it is very similar to *Pulsatilla* and *Cimicifuga*

NATRUM MURIATICUM (Chloride of Sodium or Common Salt).—This is a constituent

of every liquid and solid of the body. It regulates the degree of moisture within the cells. Wherever we find a hypersecretion of the watery elements of the body, with simultaneous want of activity in some other portion of the mucous membranes, you will find *Natrum mur.* the remedy. It acts upon the lymphatic system, the blood, liver, spleen, and upon the mucous lining of the alimentary canal. *Natrum mur.* is indicated in headache, toothache, faceache, stomachache, etc., where there is either salivation or hypersecretion of tears, or vomiting of water and mucus; also catarrhal affections of mucous membranes, with secretion of transparent, watery, frothy mucus; also small watery blisters, breaking and leaving a thin crust; diarrhœa, transparent, glossy, slimy stools; conjunctivitis with discharge of tears and clear mucus; tongue clear, slimy, small bubbles of frothy saliva on sides; leucorrhœa, watery, smarting or clear, starch-like discharge, etc., etc.

Head: Very depressed in spirit, hypochondriacal mood with constipation, and brain-fag; hammering headache worse in morning; sick headache with constipation; muscles of neck feel weak; itching eruption on margin of hair at the nape of neck; inflamed eyelids; neuralgia around eyes; impaired vision; old nasal catarrh; loss of smell and taste; sallow complexion; cold sores on lips.

Gastric symptoms: Waterbrash; ravenous hunger, violent thirst; aversion to bread; heartburn; offensive breath; constipation, smarting after stool; piles and fissures.

Urinary: Frequent urination; catarrh of bladder; burning and soreness in vagina after urinating; very melancholic about the time of menses; prolapse and smarting leucorrhœa.

Back and Extremities: Backache better by lying on something hard; pain in hip; weakness of legs; cracking of joints.

PREPARATION AND DOSE.—General experience has taught that the best results are obtained when given in the higher potencies, 30x to 200, although some advocate the 3x and 6x potencies. For general use, it is best to begin with the sixth potency, and if improvement does not soon show itself, give the thirtieth, a dose night and morning. Locally for stings and as a gargle, the crude salt or first trituration may be used.

CORRESPONDING HOMŒOPATHIC REMEDIES.—*Sepia* and *Sulphur*.—These frequently are of service after *Natrum mur*. For the ill-effects of excessive use of salt in food, give *Phosphorus 30*.

NATRUM PHOSPHORICUM (Phosphate of soda).—This salt is found in the blood, muscles and nerve cells and in the inter-cellular fluids. Through its presence, conditions arising from excess of lactic acid are prevented. It serves to emulsify fatty acids and is therefore a remedy for all dys-

peptic conditions traceable to fats. This is the remedy in all cases where there is an excess of acidity. Acts also upon the bowels, glands, lungs and abdominal organs. It cures sour belchings and rising of fluids; sour vomiting; greenish, sour-smelling diarrhœa, colic, spasms, fever from acidity of the stomach in children; ague with characteristic coating of tongue; eyes discharging a yellow creamy matter; gastric derangements with acidity and flatulence; indigestion, intestinal worms, etc. A characteristic indication is a moist, thick, golden-yellow coating on the tongue and palate.

Head: Giddiness, with gastric derangements; sick headaches with sour vomiting.

Gastric: Yellow, creamy coating at the back part of roof of mouth and on tongue; grinding of teeth. Acidity, sour risings; pain after food; nausea and vomiting; flatulence, colic with acidity; stomach-ache from presence of worms; itching of rectum.

Respiratory: A useful intercurrent remedy in catarrhal troubles associated with

acidity. Pain in chest from pressure and breathing; consumption; palpitation, pulse felt in different parts of body.

Back and Extremities; Weak feeling; legs give way while walking; pain in knees and ankles; aching wrists.

PREPARATION OF DOSE.—The best general preparation are tablets of the sixth trituration. For children, pellets of the thirtieth potency have been found very efficacious.

CORRESPONDING HOMŒOPATHIC REMEDIES.—Calcar. carb. and Rheum, especially for children where there is much acid condition of stomach and bowels.

NATRUM SULPHURICUM (Glauber's Salt). This salt does not appear in the cells, only in the inter-cellular fluids. It aids and regulates the excretion of superfluous water. Gastric bilious conditions, dropsy, liver diseases, results of living in damp, low dwellings or regions, uric acid diathesis, all are benefited by this remedy. The

chief characteristic symptom is the appearance of the tongue—dirty, greenish brown.

Head: Sick headache with bilious diarrhœa; violent pain at base of brain; mental troubles arising from injuries to the head.

Gastric: Bitter taste; mouth full of slime, thick and tenacious, must hawk it up; tongue coated dirty, brownish, vomiting of bile; flatulent colic, diarrhœa, stools dark, bilious, worse in morning, particularly after wet weather; great size of the fæcal mass; aching in region of liver.

Urinary: Chief remedy in diabetes; sandy deposit in urine like brick-dust in the water.

Respiratory. Asthma, worse in damp weather, cough with thick, ropy expectoration; bronchial catarrh; cough worse in early morning; difficult breathing; asthma in children from suppression of skin troubles.

Back and Extremities: Soreness up and down spine and back; drawing back of

neck; pain under nails; sciatica; gout; twitching during sleep; intermittent fever in all its stages; dropsy.

PREPARATION AND DOSE.—Use the third trituration in tablets, one every three hours.

CORRESPONDING HOMŒOPATHIC REMEDIES.—*Thuja and Sulphur.*—In the cough, Bryonia, but this is indicated rather earlier in chest affections than *Natrum sulph.*, and hence the latter often follows it advantageously.

SILICA (Pure Quartz).—This salt, though very abundantly found in the vegetable kingdom, is found only in the connective tissue to any extent. It acts prominently upon the bones, glands, skin, and is especially suited to the imperfectly nourished constitutions. It is the remedy for ailments attended with pus-formation. It ripens abscesses and promotes suppuration. Especially indicated in sensitive patients, who are always chilly.

Head: Oversensitive, irritable; vertigo; headache coming up from nape of neck, worse on right side, worse from noise, exertion, light, study; better from warmth; styes.

Gastric: Child vomits as soon as it nurses; chronic dyspepsia; disgust for meat and warm food; very hungry; large abdomen; paralytic condition of bowels; patient is cold all the time; menses are associated with icy coldness and constipation, and fetid foot-sweat.

Respiratory: Cough of sickly children, with night-sweats; hoarseness; tickling cough; cough and sore throat, with expectoration of little granules; smelling badly; deep-seated pain in chest; much pus-like expectoration; chronic heart disease.

Back and Extremities: Spinal irritation; soreness between shoulders; hip-joint disease; whitlow, felon; nails crippled and brittle; habitual fetid perspiration of the feet or axillæ; ingrowing toe-nails; pains in feet; weak ankles; skin heals with diffi-

culty, and suppurates easily; skin very sensitive; all sorts of eruptions and ulcerations; enlarged suppurating glands; patient feels better in warm room, and by heat generally.

PREPARATION AND DOSE. — In scrofulous and glandular affections, use tablet of the third trituration every four hours. In suppurations, the sixth and twelfth triturations are the best. Dissolve in water, and take a dose every two hours. For chronic affections, the thirtieth night and morning. A very excellent preparation is the Silica obtained from the bamboo; it seems to act more quickly, and is especially indicated in acute diseases. Here use Bamboo Silica 6x, a dose every two hours.

CORRESPONDING HOMŒOPATHIC REMEDIES.— Mercurius and Pulsatilla, Picric acid. In suppuration, Calcar. sulph. is better adapted to checking it and healing, promoting healthy granulation. It follows Silica. Silica often follows very advantageously, Pulsatilla and Calcarea.

REPERTORY OR INDEX

To the Chief Symptoms of the

TWELVE TISSUE REMEDIES.

Mental States.

Ambitionless, *Natr. phos.*
Angry, *Nat. mur.*
Apprehensive, *Kali phos.*
Anxiety, *Calc. phos.*, *Kali phos.*
Brain fag, *Kali phos.*, *Silica.*
Changeable mood, *Calc. sulph.*
Confused feeling, *Calc. fluor.*
Crying mood, *Kali phos.*
Depressed mood, *Natr. mur.*
Despairs getting well, *Natr. sulph.*
Despondency, *Kaii phos.*
Difficult thought, *Silica.*
Dread, nervous, *Kali phos.*
Fear of falling, *Kali sulph.*
Fear of financial ruin, *Calc. fluor.*
Forgetful, *Calc. phos.*
Fretful, *Kali phos.*
Hallucinations, *Kali phos.*, *Natr. phos.*
Indifference, *Ferrum phos.*
Indecision, *Calc. fluor.*
Insanity, *Ferr. phos.*, *Kali phos.*
Melancholia, *Kali phos.*, *Natr. sulph.*
Night terrors, *Kali phos.*
Over-sensitive, *Silica*, *Kali. phos.*

Passionate outbursts, *Nat. mur.*
Sadness, *Nat. mur.*
Screaming, *Kali phos.*
Sighing, *Nat. mur.*
Slow comprehension, *Calc. phos.*
Suicidal tendency, *Nat. sulph.*
Whining, *Kali phos.*

Head.

Bald spots, *Kali sulph.*
Brain-fag, *Silica, Kali phos.*
Burning on top, *Nat. Sulph.*
Cold feeling, *Calc. phos.*
Congestive headache, *Ferr. phos*
Dandruff, *Kali sulph.*, *Nat. mur.*
Effects of injuries to, *Nat. sulph.*
Falling out of hair, *Kali sulph.*
Fontanelles unclosed, *Calc. phos.*
Headache, menstrual, *Nat. mur.*
" sick, *Nat. sulph.*
" congestive, *Ferr. phos.*
Lumps on scalp, *Silica.*
Soreness to touch, *Ferr. phos.*
Sunstroke, *Nat. mur.*
Sweat on head, *Calc. phos.*, *Silica.*
Throbbing, *Ferr. phos.*
Vertigo, old age, *Calc. phos.*
" with bile, *Nat. sulph.*
Yellow crusts on scalp, *Calc. sulph*

Eyes.

Agglutination of lids, *Nat. phos.*
Asthenopia, *Nat. mur.*
Black spots before, *Kali phos.*
Blisters on, *Nat. mur.*

Blood shot, *Nat. phos.*
Burning of lids, *Nat. sulph.*
Conjunctivitis, *Ferr. phos.*, *Nat. phos.*
Dull vision, *Nat. phos.*
Eye-ball, sore, *Ferr. phos.*
Eyelids, granular, *Nat. mur.*
Pupils contracted, *Magnes. phos.*
Redness, *Ferr. phos. Nat. mur.*
Styes, *Silica.*

Ears.

Aching around, *Calc. phos.*
Buzzing in, *Kali phos.*
Catarrh, *Kali mur.*
Deafness, *Ferr. phos.*, *Kali. mur.*
Discharge from, *Kali phos*, *Silica.*
Earache, *Ferr. phos.*, *Magnes. phos.*
Noises in, *Ferr. phos.*, *Kali phos.*
Ringing, as of bells, *Nat. sulph.*

Nose.

Bleeding, *Ferr. phos.*
Catarrh, *Kali mur.*
" old, chronic, *Nat. mur.*, *Silica.*
Colds, *Ferr. phos.*
" stuffy, *Kali sulph.*, *Nat. mur.*
Crusts, *Kali mur.*, *Silica.*
Discharge, acrid, *Silica.*
" clear, *Nat. mur.*
" fetid, *Kali phos.*
" greenish, *Kali sulph.*
" thick, *Calc. fluor.*, *Kali sulph.*
" yellow, *Nat. phos*
Dry coryza, *Calc. fluor.*, *Kali mur.*
Hay-fever, *Nat. mur.*, *Silica.*

Influenza, *Nat. sulph.*
Loss of smell, *Nat. mur.*
Nostrils, sore, *Calc. phos.*
Odor, offensive, *Kali phos., Calc fluor.*
Pimples on nose, *Nat. mur.*
Posterior nares, dry, *Nat. mur.*
" " hawking from, *Kali phos.*
Predisposition to take cold, *Calc. phos.*
Running colds, *Nat. mur.*
Sneezing, *Kali phos., Silica.*

Face.

Acne, *Calc. sulph., Kali mur.*
Blotched, *Nat. phos.*
Cold sores, *Nat. mur., Calc. fluor.*
Eruptions, *Calc. sulph., Kali sulph.*
Greasy, *Calc. phos.*
Jaundiced, *Nat. sulph.*
Pale, *Nat. mur., Calc. phos.*
Red, *Ferr. phos.*
Sallow, *Nat. sulph.*
Face-ache, *Magnes. phos., Ferr. phos.*
Hot, *Ferr. phos.*
Yellowish, *Nat. sulph.*

Mouth.

Aphthæ, *Kali mur.*
Breath, offensive, *Kali phos., Nat. mur.*
Cold-sores, *Nat. mur., Calc. fluor.*
Drooling, *Nat. mur.*
Gumboil, *Kali mur.*
Gums, spongy, *Kali phos.*
Lips, crack, *Nat. mur.*
Salivation, *Nat. mur., Kali phos.*
Twitching, *Magnes. phos.*
Ulcers in, *Kali mur.*

Tongue and Taste.

Acrid taste, *Nat. phos.*
Bitter taste, *Nat. sulph.*
Blisters on tongue, *Nat. mur.*
Brown tongue, *Kali phos.*, *Nat. sulph.*
Creamy tongue, *Nat. phos.*
Frothy tongue, *Nat. mur.*
Slimy tongue, *Kali sulph.*
Cracked tongue, *Calc. fluor.*
Dry tongue, *Kali phos.*
Flabby tongue, *Calc. sulph.*
Loss of taste, *Nat. mur.*
Mapped tongue, *Nat. mur.*
Numb tongue, *Calc. phos.*
Sour taste, *Calc. sulph.*
Ulcers on tongue, *Silica*, *Kali mur.*

Teeth and Gums.

Complaints during teething, *Calc. phos.*
Convulsions during teething, *Mag. phos.*
Decay of teeth, *Calc. phos.*
Dental fistula, *Silica.*
Drooling, *Nat. mur.*
Enamel, deficient, *Calc. fluor.*
Grinding of teeth, *Nat. phos.*
Gums, bleed easily, *Nat. mur.*
" inflamed, *Calc. phos.*
" sensitive, *Nat. mur.*
Gumboil, *Kali mur.*
" hard, swollen, *Calc. fluor.*
" suppurating, *Calc. sulph.*
Looseness of teeth, *Calc. fluor.*

Throat.

Burning, *Ferr. phos.*
Choking sensation, *Magnes. phos.*

Chronic sore, *Nat. mur.*, *Kali mur.*
Dryness, *Nat. mur.*
Clergyman's, *Calc. phos.*
Constriction, *Magnes. phos.*
Croup and Diphtheria, *Ferr. phos.*. *Kali mur.*
Dry throat, *Ferr. phos.*
Feeling of lump, *Nat. sulph.*
Follicular pharyngitis, *Kali mur.*, *Nat. mur.*
Glands, swollen, *Kali mur.*
" suppurating, *Silica.*
Goitre, *Calc. fluor.*
Mumps, *Kali mur.*, *Nat. mur.*
Posterior nares dropping, *Nat. phos.*
Relaxed sore throat, *Calc. phos.*
" uvula, *Nat. mur.*
Ulcerated sore throat, *Kali mur.*
Uvula, elongated, *Nat. mur.*

Gastric Symptoms.

Acids, sensitive to, *Magnes. phos.*
Acidity, *Nat. phos.*
Appetite, loss of, *Kali mur.*, *Calc. phos.*
Aversion to bread, *Nat. mur.*
" " hot drinks, *Kali sulph.*
" " meat, *Ferr. phos.*, *Silica.*
" " milk, *Ferr. phos.*
" " warm food, *Silica.*
Biliousness, *Nat. sulph.*
Burning in stomach, *Kali sulph.*
Desire for bacon, *Calc. phos.*
" " bitter things, *Nat. mur.*
" " claret, *Calc. sulph.*
" " fruit, *Calc. sulph.*
" " ham, *Calc. phos.*
Desire for salted food, *Calc. phos.*

Desire for stimulants, *Ferr. phos.*
" " sugar, *Magnes. phos.*
Empty, gone feeling, *Kali phos.*
Eructations, bitter, *Kali phos.*
" sour, *Nat. phos.*
" burning, *Magnes. phos.*
" gaseous, *Kali phos., Calc. phos.*
" greasy, *Ferr. phos.*
Excessive hunger, *Silica.*
Faintness at stomach, *Kali sulph.*
Flatulence, *Calc. phos.*
" with palpitation, *Kali phos.*
" " sluggish liver, *Nat. sulph.*
" " acidity, *Nat. phos., Calc. phos.*
Gastritis, *Ferr. phos.*
Gastralgia, *Magnes. phos.*
Heartburn, *Nat. mur., Silica.*
Hiccough, *Magnes. phos., Calc. fluor.*
Hunger, excessive, *Silica, Kali phos.*
Nausea, *Kali sulph., Ferr. phos.*
Nausea and vomiting, *Magnes phos.*
Nausea and vertigo, *Calc. sulph.*
Pain after food, *Nat. phos., Calc. phos.*
Pain at pit of stomach, *Kali phos.*
Regurgitation, *Magnes. phos.*
Thirst, burning, *Kali sulph.*
Vomiting acid, *Nat. phos.*
" after cold water, *Calc. phos.*
" before breakfast, *Ferr. phos.*
" bile, *Nat. sulph.*
" blood, *Ferr. phos.*
" coffee-grounds, *Nat. mur.*
" after nursing, *Silica.*
" infantile, *Calc. phos.*

Vomiting mucus, *Nat. mur.*
Waterbrash, *Nat. phos.*, *Kali phos.*

Abdomen and Stool.

Abdomen feels cold, *Kali sulph.*
" swollen, *Kali phos.*
" sunken, *Calc. phos.*
" tender, *Kali mur.*
" tympanitic, *Kali sulph.*
Anus, fissures, *Silica.*
" fistula, *Calc. phos.*
" eruption around, *Nat. mur.*
" abscesses around, *Calc. sulph.*
" prolapse, *Calc. sulph.*, *Kali phos.*
" warts, *Nat. sulph.*
Burning pain, *Nat. mur.*
Colic, *Magnes. phos.*
" lead, *Nat. sulph.*
" infantile, *Calc. phos.*
Congestion of liver, *Nat. sulph.*
Constipation, alternating with diarrhœa, *Nat. mur.*
" with furred tongue, *Kali mur.*
" habitual, *Kali sulph.*
" infantile, *Magnes. phos.*
" in aged, *Calc. phos.*
Cramps, *Magnes. phos.*
Diarrhœa, from fatty food, *Kali mur.*
" in wet weather, *Nat. sulph.*
" from fruit, *Calc. phos.*
" bilious, *Nat. sulph.*
" from chill, *Ferr. phos.*
" from fright, *Kali phos.*
" foul, putrid, *Kali phos.*
" green, *Nat. phos.*
" involuntary, *Nat. mur.*

Diarrhœa, painless, *Kali phos.*
" slimy, *Kali sulph.*
" undigested, *Ferr. phos.*
" watery, *Nat. mur., Magnes. phos.*
" white stools, *Nat. phos.*
" yellow stools, *Kali sulph.*
Dysentery, *Ferr. phos., Kali mur.*
Gallstones, *Calc. phos.*
" colic, *Magnes. phos.*
Hæmorrhoids, *Ferr. phos., Calc. fluor.*
Itching of anus, *Nat. phos.*
Jaundice, *Kali mur., Nat. sulph.*
Liver, torpid, *Kali mur.*
" congested, *Nat. sulph.*
" painful, *Calc. sulph.*
" soreness, *Nat. sulph.*
Marasmus, *Calc. phos.*
Rectum, stitches in, *Nat. mur.*
" prolapse of, *Calc. sulph., Kali phos.*
Worms, *Nat. phos.*
" thread, *Ferr. phos., Nat. phos.*

Urinary Symptoms.

Bladder, catarrh of, *Kali mur., Nat. mur.*
Bleeding from urethra, *Kali phos.*
Bright's disease, *Calc. phos., Kali phos.*
Burning after urinating, *Nat. mur.*
Burning during urinating, *Nat. sulph.*
Diabetes, *Nat. phos., Ferr. phos.*
Gravel, *Calc. phos., Nat. sulph.*
Incontinence, *Calc. phos.*
" while coughing, *Nat. mur.*
Increased urine, *Calc. phos.*
Kidneys, inflamed, *Kali mur.*
Retention of urine, *Magnes phos.*

Stone in bladder, *Calc. phos.*
Suppression, *Ferr. phos.*
Urine, brick-dust sediment, *Nat. sulph.*
" copious, *Calc. phos.*
" dark color, *Kali mur.*, *Nat. sulph.*
" pungent, *Calc. fluor.*
" gravel, *Calc. phos.*, *Silica.*
" with bile, *Nat. sulph.*
" mucus, *Silica.*
" sand, *Nat. sulph.*
" yellow, *Kali phos.*
Wetting the bed, *Ferr. phos.*, *Calc. phos.*

Female Symptoms.

Backache with menses, *Calc. phos.*
Bearing-down pains, *Ferr. phos.*, *Calc. fluor.*
Burning in uterus, *Nat. mur.*
Displacements, *Calc. fluor.*
Dragging sensation, *Calc. fluor.*
Dysmenorrhœa, *Magnes. phos.*
" as a preventive, *Calc. phos.*
" membranous, *Magnes. phos.*
Hysterical symptoms, *Kali phos.*
Icy coldness at menses, *Silica.*
Itching, external, *Nat. mur.*
Leucorrhœa, acid, *Nat. phos.*
" acrid, *Silica.*
" mucous, *Calc. phos.*
" creamy, *Nat. phos.*
" greenish, *Kali sulph.*
" irritating, *Nat. mur.*
" itching, *Silica.*
" milky, *Kali mur.*
" profuse, *Silica.*
" slimy, *Kali sulph.*

Leucorrhœa, smarting, *Nat. mur.*
" thick, *Kali mur.*
" watery, *Nat. mur.*
" yellow, *Kali sulph.*
Menses, acrid, *Nat. phos.*
" with nose bleed, *Nat. sulph.*
" with pain, *Magnes. phos.*
" with sadness, *Nat. mur.*
" black, *Kali mur.*
" bright red, *Ferr. phos.*
" clotted, *Kali mur.*
" copious, *Nat. mur.*
" corrosive, *Nat. sulph.*
" delayed, *Nat. mur.*
" every two weeks, *Calc. phos.*
" every three weeks, *Ferr. phos.*
" excessive, *Kali mur.*, *Calc. phos.*
" irregular, *Kali phos.*
" pale, *Nat. phos.*
" premature, *Kali phos.*
" stringy, *Magnes. phos.*
" strong odor, *Kali phos.*
" suppressed, *Calc. phos.*, *Nat. mur.*
" frequent, *Kali mur.*
" long-lasting, *Calc. sulph.*
" profuse, *Nat. sulph.*, *Ferr. phos.*
" scanty, *Kali phos.*, *Nat. mur.*
" with coldness, *Silica.*
" with constipation, *Nat. sulph.*
" with weakness, *Calc. sulph.*
" with headache, *Kali sulph.*
" with melancholy, *Nat. mur.*
" with morning diarrhœa, *Nat. sulph.*
" with rheumatic pains, *Calc. phos.*
" with excitement, *Nat. phos.*
" with twitchings, *Calc. sulph.*

Ovarian neuralgia, *Kali phos.*, *Magnes. phos.*
Prolapse, *Calc. fluor.*
Sensitive parts, *Silica.*
Sterility, *Silica*, *Nat. phos.*
Ulcerations, *Kali mur.*, *Silica.*
Uterine displacements, *Nat. phos.*

After-pains, *Kali phos.*, *Mag. phos.*
Burning in breasts, *Calc. phos.*
Knots in breasts, *Calc. fluor.*
Enlarged breasts, *Calc. phos.*
Morning sickness, *Ferr. phos.*
Nipples crack, *Silica.*

Respiratory Organs.

Asthma, *Kali sulph.*, *Nat. sulph.*
Breathing oppressed, *Ferr. phos.*
Bronchitis, *Ferr. phos.*, *Kali mur.*
" chronic, *Nat. mur.*
" yellow expectoration, *Kali sulph.*
Burning in chest, *Ferr. phos.*
Chest, construction, *Magnes. phos.*
" rattling of mucus, *Kali sulph.*
" soreness, *Nat. sulph.*, *Calc. phos.*
Congestion of lungs, *Ferr. phos.*
Cough, acute, *Ferr. phos.*
" in the evening, *Kali sulph.*
" barking, *Kali mur.*
" chronic, *Calc. phos.*, *Silica.*
" convulsive, *Magnes. phos.*
" croupy, *Kali mur.*
" dry, *Ferr. phos.*
" hacking, *Calc. fluor.*
" hard, *Ferr. phos.*
" loose rattling, *Kali sulph.*

Cough, loud and noisy, *Kali mur.*
" nervous, *Magnes. phos.*
" on lying down, *Magnes. phos.*, *Calc. fluor.*
" short, *Ferr. phos.*
" spasmodic, *Magnes. phos.*
" suffocative, *Calc. phos.*
" tickling, *Ferr. phos.*
" whooping, *Magnes. phos.*
Croup, *Ferr. phos.*, *Calc. sulph.*
Croupy hoarseness, *Kali sulph.*
Expectoration, clear, *Nat. mur.*
" copious, *Silica.*
" frothy, *Nat. mur.*
" greenish, *Nat. sulph.*
" loose, *Kali sulph.*
" lumpy, *Calc. fluor.*
" mucous, *Calc. phos.*
" offensive, *Silica.*
" profuse, *Kali sulph.*
" ropy, *Nat. sulph.*
" salty, *Kali phos.*
" slimy, *Kali sulph.*
" thick, *Nat. sulph.*, *Silica.*
" watery, *Nat. mur.*
" yellowish, *Calc. fluor.*, *Kali phos.*
Hay fever, *Kali. phos.*, *Nat. mur.*
Hectic fever, *Calc. phos.*, *Silica.*
Heat in chest, *Ferr. phos.*
Hoarseness, *Ferr. phos.*, *Kali mur.*
Larynx, painful, *Ferr. phos.*
Night sweats, *Silica*, *Calc. phos.*
Pain in chest, *Nat. phos.*
Pleurisy, } *Ferr. phos.*, *Kali mur.*; later *Kali sulph.*
Pneumonia, } *Calc. sulph.*

Heart.

Aneurism, *Calc. fluor.*
Angina pectoris, *Magnes. phos.*, *Kali phos.*
Blood vessels enlarged, *Calc. fluor.*
Chronic heart disease, *Silica.*
Circulation sluggish, *Kali phos.*
Hypertrophy, *Nat. mur.*
Palpitation, *Ferr. phos.*, *Magnes. phos.*
" with sleeplessness, *Kali phos.*
Pulse felt all over, *Nat. mur.*
" full around, *Ferr. phos.*
" intermittent, *Nat. mur.*, *Kali phos.*
" irregular, *Kali phos.*
" rapid, *Nat. mur.*

Back and Extremities.

Aching of limbs, *Calc. phos.*
" between shoulders, *Kali phos.*
Ankles pain, *Silica.*
" weak, *Nat. phos.*
Arms heavy, *Silica.*
" tired, *Nat. phos.*
Back cold, *Nat. mur.*
" crick in, *Ferr. phos.*
" pain in, *Calc. fluor.*
" soreness in, *Nat. Sulph.*
Backache worse evenings, *Kali sulph.*
" " mornings, *Calc. phos.*
" better lying on it, *Nat. mur.*
Bow-legs, *Calc. phos.*
Bunions, *Kali mur.*
Burning of feet, *Calc. sulph.*
Calves, cramps, *Calc. phos.*, *Magnes. phos.*
Chilblains, *Kali mur.*
Coldness of limbs, *Calc. phos.*

Coccyx painful, *Silica.*
Cracking of joints, *Calc. fluor.*
Crick in back, *Ferr. phos.*
" " neck, *Nat. phos.*
Feet tender, *Silica.*
" swollen, *Kali mur.*
Fidgety feet, *Kali phos.*
Finger joints enlarge, *Calc. fluor.*
Ganglion, *Calc. fluor.*
Glands swollen, *Kali mur.*
" hardened, *Calc. fluor*
Goitre, *Nat. mur., Calc. fluor.*
Gout, *Ferr. phos., Nat. sulph.*
" chronic, *Nat. phos.*
" rheumatic, *Calc. phos.*
Hamstrings sore, *Nat. phos.*
Hands fall asleep, *Calc. phos.*
" get stiff, *Nat. phos.*
" hot in palms, *Ferr. phos.*
" tremble, *Nat. sulph.*
Hang nails, *Nat. mur., Silica.*
Hips painful, *Kali phos.*
Housemaid's knee, *Calc. phos., Silica.*
Inflamed joints, *Ferr. phos., Kali mur.*
Ingrowing toe-nails, *Silica.*
Itching of limbs, *Kali phos.*
Knees painful, *Nat. phos.*
Limbs fall asleep, *Nat. mur.*
Lumbago, *Calc. fluor.*
Muscular weakness, *Kali phos.*
Nails crippled, *Silica.*
" pain at roots, *Calc. phos.*
Neck emaciated, *Nat. mur.*
" stiff, *Ferr. phos.*

Numbness, *Calc. phos.*, *Kali phos.*
Oedema, *Nat. mur.*
Oversensitive spine, *Silica.*
Pain in back, *Calc. phos.*, *Ferr. phos.*
" " shin bones, *Calc. phos.*
" " shoulders, *Ferr. phos.*
" go to heart, *Nat. phos.*
" through feet, *Silica.*
Paralytic lameness, *Kali phos.*
Rheumatic fever, *Ferr. phos.*, *Kali mur.*
" " chronic, *Calc. phos.*, *Nat. phos.*
" " muscular, *Ferr. phos.*
Sciatica, *Magnes phos.*, *Kali phos.*
Shifting pains, *Kali sulph.*
Shooting pains, *Calc. phos.*
Slowness to walk, *Calc. phos.*
Soles burn and itch, *Calc. sulph.*
Soreness between shoulders, *Silica.*
Stumbles easily, *Kali phos.*
Tired feeling, *Calc. fluor.*
Weakness in general, *Nat. mur.*
Wrists ache, *Nat. phos.*

Nervous Symptoms.

Alcoholism, *Magnes. phos.*
Ball sensation, *Kali phos.*
Chorea, *Magnes. phos.*, *Nat. mur.*
Contortions, *Magnes. phos.*
Convulsions, *Calc. phos.*, *Magnes. phos.*
Crawling sensation, *Calc. phos.*
Creeping paralysis, *Kali phos.*
Debility, *Calc. phos.*
Depression, *Kali phos.*, *Nat. mur.*
Epilepsy, *Kali mur.*, *Silica.*
Exhaustion, *Kali phos.*, *Calc. phos.*

Fears, *Kali phos.*
Gait unsteady, *Nat. phos.*
Hiccough, *Magnes. phos.*
Hysteria, *Kali phos., Silica.*
Infantile paralysis, *Kali phos.*
Nervousness, *Kali phos.*
Neuralgia, congestive, *Ferr. phos.*
" intercostal, *Nat. phos.*
" obstinate, *Silica.*
Night terrors, *Kali phos.*
Squinting, from worms, *Nat. phos.*
Trembling, *Nat. phos., Calc. phos.*
Twitchings, *Magnes. phos.*
Writer's cramp, *Calc. phos.*

Sleep and Dreams.

Awakes screaming, *Kali phos.*
Cry out in sleep, *Calc. phos.*
Dreams anxious, *Nat. mur.*
" lascivious, *Kali phos.*
" vivid, *Kali sulph.*
Drowsiness, *Nat. sulph.*
" in old people, *Calc. phos.*
Insomnia, *Nat. mur., Kali phos.*

Febrile Symptoms.

Ague, *Nat. sulph.*
Bilious fever, *Nat. phos., Nat. sulph.*
Brain fever, *Kali phos.*
Chilliness, *Silica., Calc. phos.*
Chill in morning, *Nat. mur.*
Cold sweat, *Kali sulph.*
Feet cold, *Nat. phos.*
Gastric fever, *Kali sulph.*
Hay fever, *Silica.*

Hectic fever, *Calc. sulph.*
Intermittent fever, *Nat. mur.*
Scarlet fever, *Ferr. phos.*
Typhoid fever, *Kali phos.*
Yellow fever, *Nat. sulph.*
Night sweats, *Calc. phos., Silica.*
Perspiration about head, *Silica.*
" cold, *Kali sulph.*
" profuse, *Kali phos.*
" sour, *Nat. phos.*

Skin.

Abscess, *Silica, Calc. sulph.*
Acne, *Kali mur.*
Barber s itch, *Magnes. phos.*
Boils, *Calc. sulph.*
Bunions, *Kali mur.*
Chaps, *Calc. fluor.*
Chilblains, *Kali phos., Silica.*
Chronic skin disease, *Nat. mur.*
Coppery spots, *Silica.*
Cracks on skin, *Calc. fluor.*
" between toes, *Nat. mur.*
Dandruff, *Kali sulph.*
Eczema, *Nat. mur., Kali sulph.*
Erysipelas, *Kali mur., Ferr. phos.*
Fissures, *Calc. fluor.*
Freckles, *Calc. phos.*
Hair falls out, *Nat. mur., Silica.*
Hives, *Nat. phos., Kali phos.*
Insect bites, *Nat. mur.*
Irritating secretions, *Kali phos.*
Itching, *Calc. phos., Kali phos.*
Ivy poison, *Kali sulph.*
Jaundiced skin, *Nat. sulph.*

Lupus, *Calc. phos.*, *Kali mur.*
Measles, *Ferr. phos.*, *Kali mur.*
Nodes, *Silica*, *Calc. fluor.*
Pimples, *Kali mur.*, *Calc. sulph.*
Shingles, *Nat. mur.*, *Kali mur.*
Small pox, *Kali phos.*, *Calc. sulph.*
Wrinkled skin, *Kali phos.*

Tissues.

Anæmia, *Calc. phos.*, *Nat. mur.*
" of infants, *Silica.*
Atrophy, *Calc. phos.*
Boils, *Silica*, *Calc. sulph.*
Bone diseases, *Calc. phos.*, *Silica.*
Bruises, *Kali mur.*
Burns, *Kali mur.*, *Calc. sulph.*
Cancer, *Calc. phos.*, *Kali phos.*
Carbuncles, *Silica*, *Calc. sulph.*
Debility, *Kali phos.*
Dropsy, *Kali mur.*, *Nat. sulph.*
Emaciation, *Nat. mur.*, *Calc. phos.*
Felons, *Calc. sulph.*
Glands, *Kali mur.*, *Silica.*
Growths, *Calc. fluor.*
Hæmorrhages, *Ferr. phos.*, *Kali mur.*
Inflammations, *Ferr. phos.*
" second stage, *Kali mur.*
Injuries, *Ferr. phos.*
Marasmus, *Calc. phos.*
Offensive discharges, *Kali phos.*
Polypi, *Calc. phos.*, *Kali sulph.*
Proud flesh, *Silica.*
Scalds, *Kali mur.*
Secretions, albuminous, *Calc. phos.*
" greenish, *Kali sulph.*

Secretions, honey-colored, *Nat. phos.*
" offensive, *Kali phos.*
" watery, *Nat. mur.*
Sprains, *Ferr. phos.*
Suppuration, *Silica, Calc. sulph.*
Vaccination, after, *Kali mur., Silica.*
Varicose veins, *Calc. fluor.*
Wasting diseases, *Kali phos.*

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The physiological
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organism, which will favor healthy
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This is a preparation of the necessary Mineral Salts that go to build up the tissues, but they have passed through the subtle alchemy of vegetable growth, rendering them, therefore, of quick assimilation to the growing cells of the child. Its great use consists in the changing of the constitution of the child, correcting disease tendencies and counteracting blood diseases of all sorts. Families—where there is any hereditary tendency to scrofula, consumption, cancer, rheumatism, gout, catarrh, bone and skin diseases, nervous complaints, and especially where other children have succumbed to these diseased conditions—will find in this physiological food a wonderful restorative power.

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